

# GLAMOUR

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APRIL 2016

## 678 ways to rock spring!

1. Find your dream jeans on p132
2. Pop your colours

like Alexa →

### A threesome?

We had one.  
For "research".

# Alexa

"I have a million girl mates  
I would love to date"

**"We said our  
goodbyes"**

An unflinching  
account of horror  
in Paris

INSTA-WORTHY  
**NAILS**  
62 GENIUS  
LOOKS

**12 MINUTES**  
that will  
transform  
your 2016  
#healthgoals

At home with **Deliciously Ella**

G U C C I

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The NPD Group, Prestige Foundation Value and Unit sales CY2015. \*One 4ml sample of foundation and one 4ml sample of face primer per customer, while stocks last. [www.estee.lauder.co.uk](http://www.estee.lauder.co.uk). © 2016 Estée Lauder Inc.

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Sportswear has seriously upped its game



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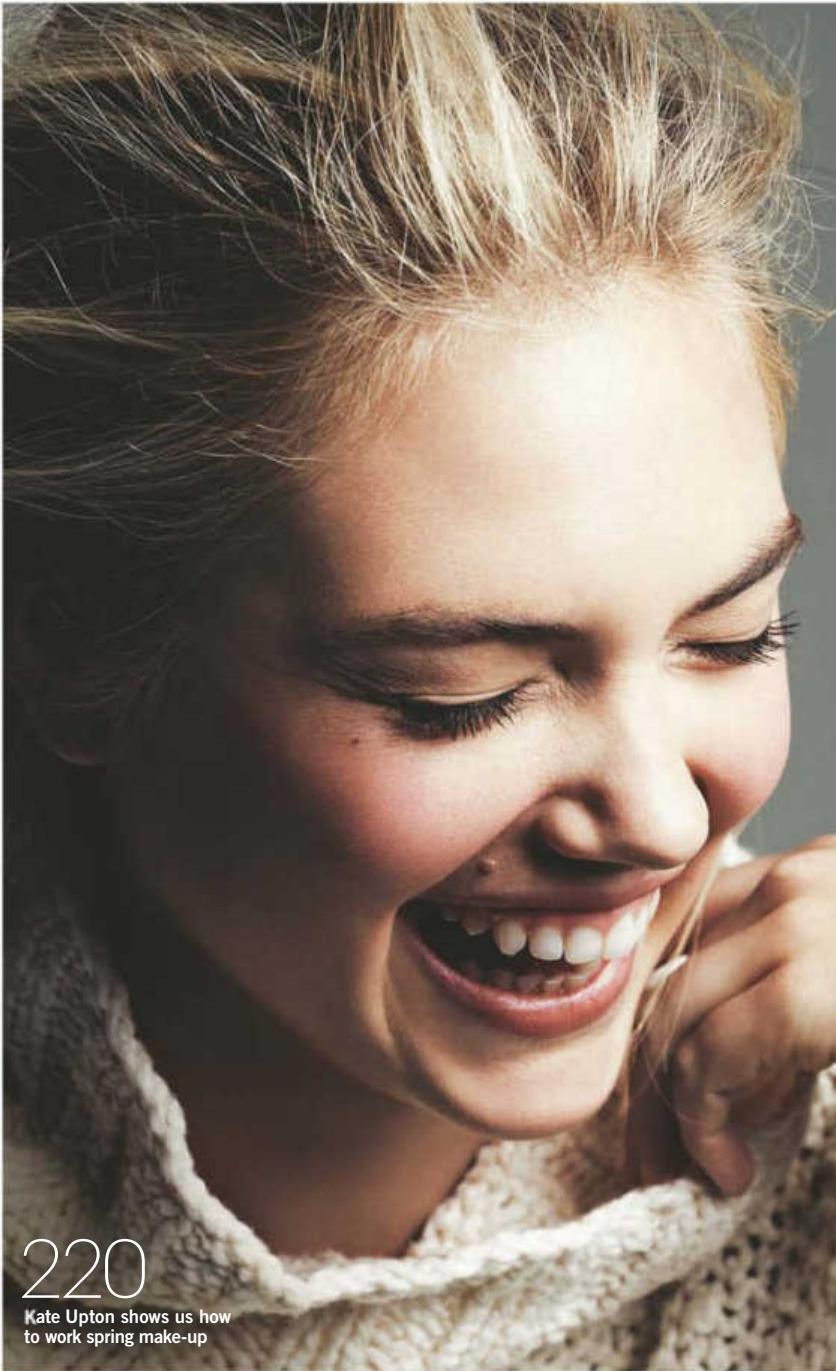
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Kate Upton shows us how to work spring make-up

## Fashion

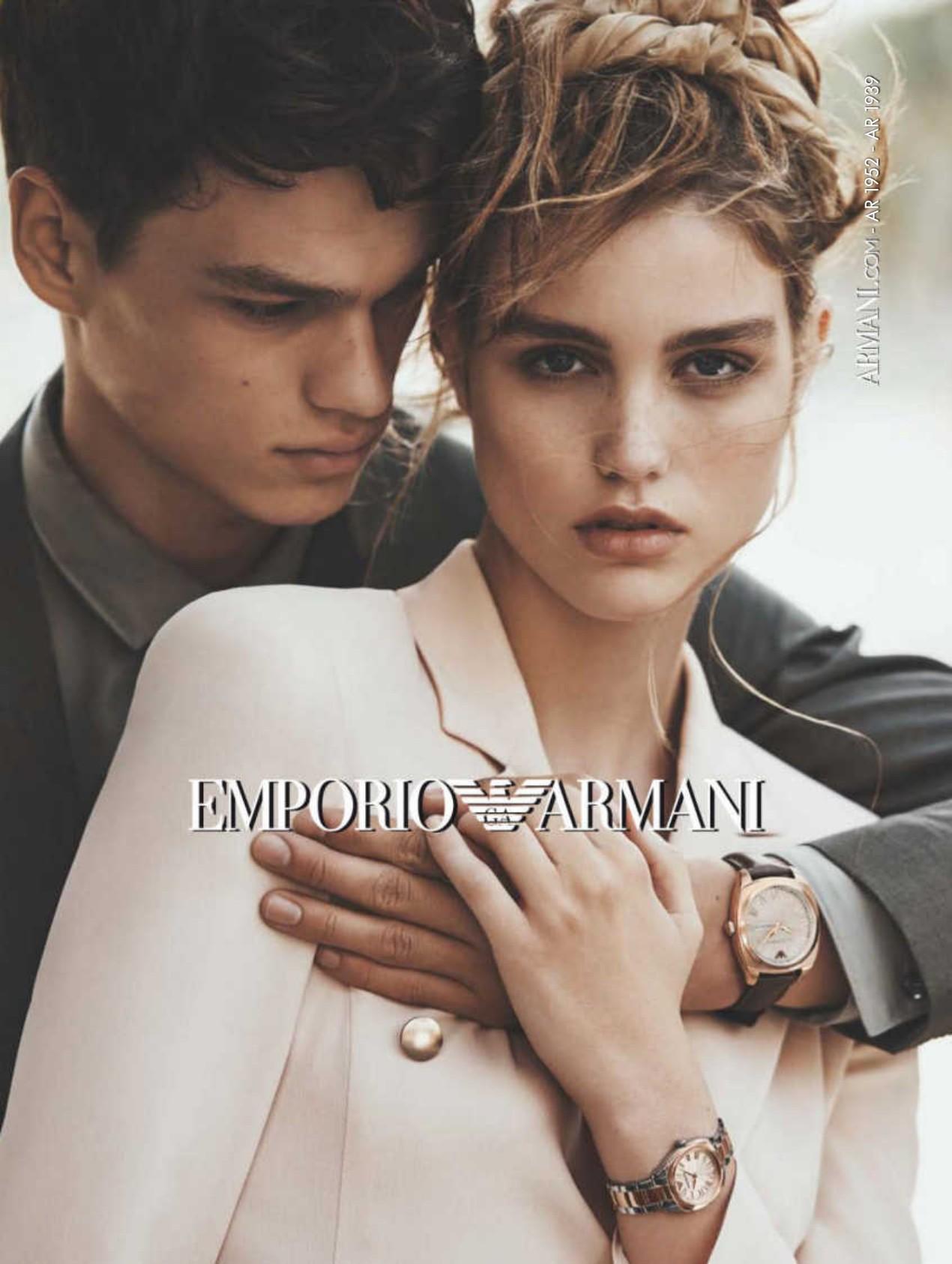
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# GLAMOUR

## April 2016

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### 206

Alexa Chung talks  
style, fame... and  
American politics



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### 132

Love denim? You  
need to read this

Cover of GLAMOUR magazine featuring Alexa Chung in a green jacket.

Cover of GLAMOUR magazine featuring Alexa Chung in a floral dress.

Exclusive to  
GLAMOUR  
subscribers



## ON THE COVER

Alexa Chung photographed by Alexei Hay

Fashion Director Natalie Hartley

Hair Alex Brownsell at Streeters, using Kérastase

Make-up Florrie White at D+V Management

Manicure Mike Pocock at Streeters, using Nails inc

Set design Zoe Bailey

Senior Fashion Assistant Charlotte Lewis

Left: Shirt and jacket gucci.com; Myrtle jumper Archive By Alexa at marksandspencer.com; tights from a selection mytights.com

Right: Floral dress Vetements at matchesfashion.com;

Harry dress Archive By Alexa at marksandspencer.com

## MAKE-UP

Eye Do Mascara; Eye Do Liquid Eyeliner;  
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and Shampoo; Powder Grip 03;  
Quick Dry 18 Instant Finishing Spray all Redken

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WEEKEND

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coco mademoiselle



CHANEL





# Dior

# "If we ruled the world..."

**O**ur tribute to International Women's Day, on March 8, is on page 98 – a host of our favourite writers musing on how great things would be (obviously) if women ruled the world. The piece inspired all of us in the GLAMOUR office to propose some of our own ideas for making this world a better place. From the 'little' things to the significant, we enjoyed creating our fantasy world.

We'll start small with my own bugbear: if I ruled the world, I would love to ban walking while trying to read/text from your phone. People tell themselves they're

'multi-tasking', but we all know the truth: they're sucking at *both* walking and texting and getting in everyone's way.

On a more serious note, I'd add both parents' names to child passports (if you've ever been held up at border control because you don't share your kid's name, you'll appreciate this). In a supposedly post-feminist world, can we stop pretending that all nuclear families have the same surname and just lay on this tiny bit of admin? Apparently there are moves towards gender-neutral passports, which I applaud. So, can we add this easy, little extra line of information while we're at it?

## WHICH OF THESE OTHER IDEAS FROM TEAM GLAMOUR GET YOUR VOTE?

● Manners would be mandatory.

**Especially** when using public transport. People who push onto the train before everyone has got off would be unceremoniously removed from the carriage and forced to wait for the next train.

**Natasha Poliszczuk**

● I'd enforce a National Bowie Day, where everyone was made to wear sparkly boots and *Hunky Dory* was imposed listening.

**Ella Alexander**

● I'd change whatever unwritten law means that female TV presenters and newsreaders have to be really attractive,

while their male counterparts are allowed to look like trolls.

**Laura Johnson**

● I find it so frustrating that I know how to switch on a Bunsen burner, yet doing a tax return is virtually impossible. I would make this a big priority in schools. I would add powerful books on reading lists in schools – Sheryl Sandberg's *Lean In*, Sophia Amoruso's #*Girlboss* and similar.

**Leanne Bayley**

● I'd make it the law that developers have to build three times more women's toilets than men's toilets in public venues. Why

should we have to waste most of a gig/night out/festival waiting in a massive queue for the loo, while the men are having fun?

**Hanna Woodside**

● I would increase the pay of carers, and decrease the pay of management consultants.

**Helen Placito**

● I'd give Brendan Dassey a retrial in the UK. I'd also make the internet free for everyone in the world.

**Holly Quayle**

● I'd instigate three-day weekends (or three days off a week). I genuinely think it would make people happier, healthier and

more productive. (Ah, if only.)

**Lisa Harvey**

● I would ban: 1. Ketchup – it's full of sugar and makes kids think all food should taste of it. I hate it. 2. Nail biting – it's vile. 3. Moaning about the weather – yawn. And school dinners would be run by Sir Jamie Oliver. Hooray!

**Natasha McNamara**

● And I think we want **Lindsay Frankel** as the next PM for this: I would make crumpets free for all.

We'll probably stick to making GLAMOUR (print and online)! Enjoy the issue,



  
**Jo Elvin, Editor**

contact me at: [editor@glamourmagazine.co.uk](mailto:editor@glamourmagazine.co.uk)



{ Follow me on Twitter at [Twitter.com/jo\\_elvin](https://twitter.com/jo_elvin) and Instagram @joelvinglamour. Tweet us at @GlamourMagUK }



A woman with long, wavy hair is standing outdoors, leaning against a white railing. She is wearing a white, short-sleeved, knee-length dress with intricate gold-colored lace patterns. The dress features a large, central, diamond-shaped panel with a grid-like lace pattern, flanked by vertical panels with horizontal stripes. The hem of the dress has a delicate lace edge. She is also wearing a pair of light-colored shorts underneath. A tan leather cross-body bag with long fringe hangs from her left shoulder. Her hair is blowing in the wind. In the background, there is a swimming pool and some greenery.

maje

PARIS

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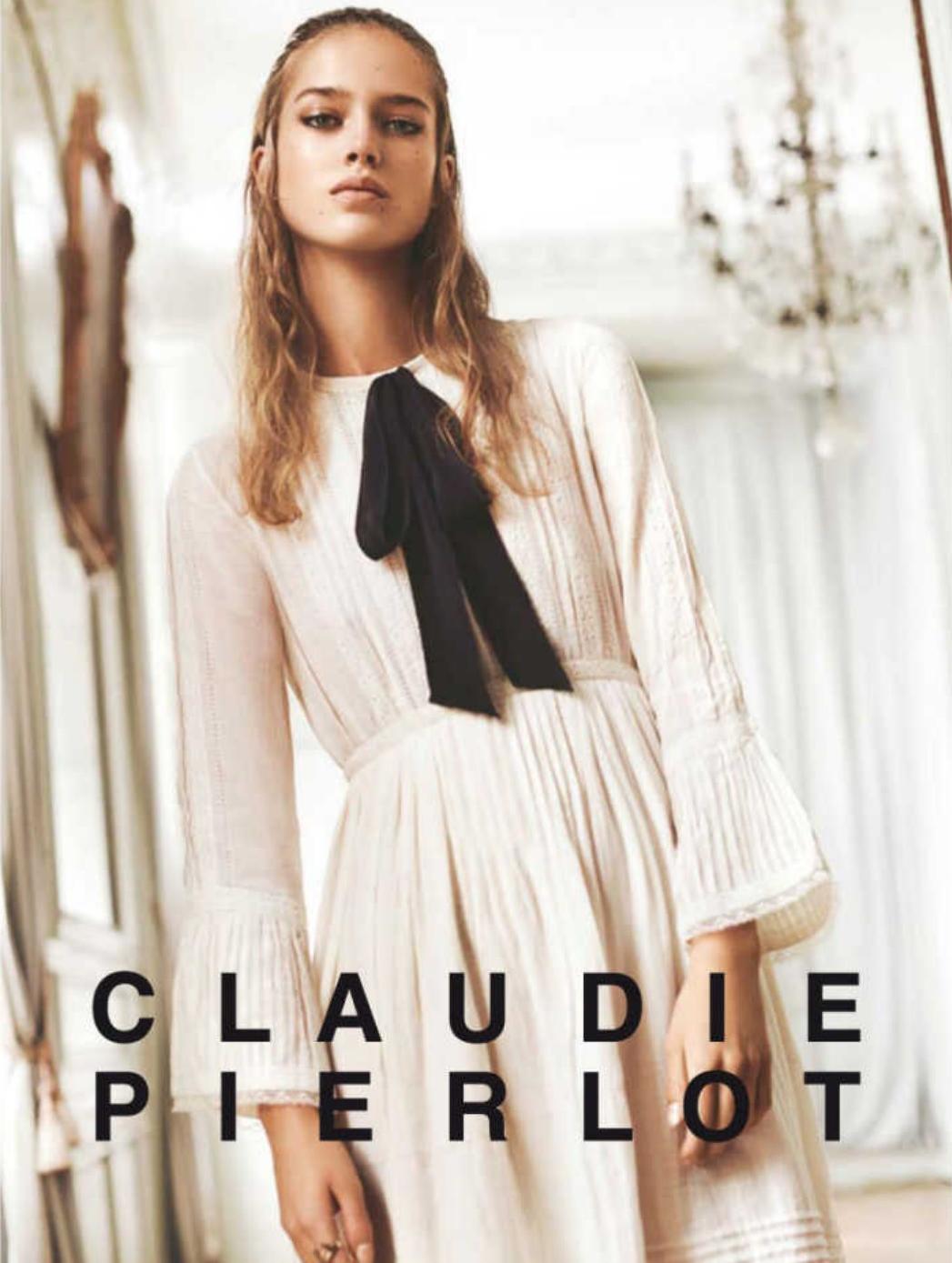
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Published by The Condé Nast Publications Ltd, Vogue House, Hanover Square, London W1S 1JU (tel: 020 7499 9080; fax: 020 7493 1345)

Colour origination by Tag. Response. Printed by Prinovis Nürnberg, Breslauer Str. 300, 9047 Nürnberg. Printed in Germany. GLAMOUR is distributed by Condé Nast & National Magazine Distributors Ltd (Comag), Tavistock Road, West Drayton, Middlesex UB7 7QE (tel: 01895 433600; fax: 01895 433605). The subscription rate to GLAMOUR is £24 for one year (12 issues). Overseas Airmail per year: £59 to the EU, £60 to the Rest of Europe, \$65 to the US and £69 to the Rest of World. Enquiries, change of address and orders payable to GLAMOUR, Subscription Department, Lathkill St, Market Harborough, Leics LE16 9EF. Order at [www.subscription.co.uk/glamar](http://www.subscription.co.uk/glamar). Subscriptions queries and enquiries to [glamar@subscription.co.uk](mailto:glamar@subscription.co.uk). Subscriptions hotline: +44 (0)844 848 5202, Mon-Fri 8am-9.30pm, Sat 8am-4pm. Manage your subscription online 24hrs a day at [www.magazinebutique.co.uk/youraccount](http://www.magazinebutique.co.uk/youraccount). All rights reserved. Reproduction in whole or in part without written permission is strictly prohibited. All prices correct at time of going to press but are subject to change. GLAMOUR cannot be responsible for unsolicited material. Copyright © 2016 THE CONDÉ NAST PUBLICATIONS LTD, Vogue House, Hanover Square, London, W1S 1JU. The paper used for this publication is based on renewable wood fibre. The wood these fibres are derived from is sourced from sustainably managed forests and controlled sources. The producing mills are EMAS registered and operate according to highest environmental and health and safety standards. This magazine is fully recyclable - please log on to [www.recyclenow.com](http://www.recyclenow.com) for your local recycling options for paper and board.

VERSACE JEANS



A fashion advertisement featuring a woman with long, wavy hair, looking directly at the camera with a neutral expression. She is wearing a white, long-sleeved, button-down dress with a subtle texture or pattern. A large, dark blue or black bow tie is tied around her neck, contrasting with the white dress. The background is a soft-focus interior scene with a chandelier and some foliage.

C L A U D I E  
P I E R L O T

# "Respect to the trans community"

*Juno: Becoming A Woman* has made me understand more clearly what my own trans friend is going through. In a culture where the wrong shoes can get you looked at, I can't imagine the courage it takes to meet the world in what is seen as the "wrong" gender. Well done, Juno, for such an honest and fascinating read, and to GLAMOUR for giving her a forum. Oh, and Juno, the cactus thing – sorry, but that really does make you one of the girls. **Jo, by email**



**@rosiehw** Thrilled to be this month's @GLAMOURUK cover girl!



## Don't give up

I'm a terrible public speaker, so when my boss asked me to go to a conference and convince the speaking VIP to work with us, I freaked. But then I remembered your tips from *Stress? You've Got This*, and instead of cowering at the back, I sat in the second row and raised my hand. When I spoke... well, it was a disaster. However, I waited for the event to conclude, walked up to the VIP before I could talk myself out of it, and started again. And it worked!

**Joanne, by email**

**@Meghan\_McC** Made

@Fearne cotton winter warmer soup after finding the recipe in @GlamourMagUK. Empty plates all round tonight!

Compiled by Amy Warren. Photograph: David Bellmerene. GLAMOUR reserves the right to edit letters. Tweets and unsolicited material. Unfortunately, GLAMOUR is unable to return any photographs submitted.

## Spreading the love

Dawn O'Porter's column "*I LOVE The Word Love, OK?*" rang true to me. The two things I believe the human race *must* hold onto in this day and age are love and hope. We must love even the little things, every day. **Helen, by email**

**@vuvrowland** @junodawson

– Brilliant and inspiring column in @GlamourMagUK. Laser will sort out your cactus problem...!

## Sex, my way

For years I have longed to experience being with a woman, but have never been brave enough to take the steps needed to make that encounter happen. "*Wanted: My First Time With A Woman*" has shown me that

it is possible, and doesn't have to be a fantasy that never comes true.

**Sara, by email**

**@eadeyamy** Absolutely loved

@hotpatooties column in @GlamourMagUK this month. In love with the skirt she's wearing in the pic!

## Confidence booster

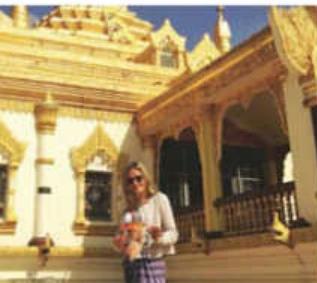
I'm bad at interviews, my last one being my worst. I really wanted the job, but had a hard time answering the questions – brain thinking one thing, mouth saying something different. So, I was so pleased to read "*I Hope To Grow In This Role...*" It showed me how to answer questions with more confidence. I'm not going to let my past interview failures get me down.

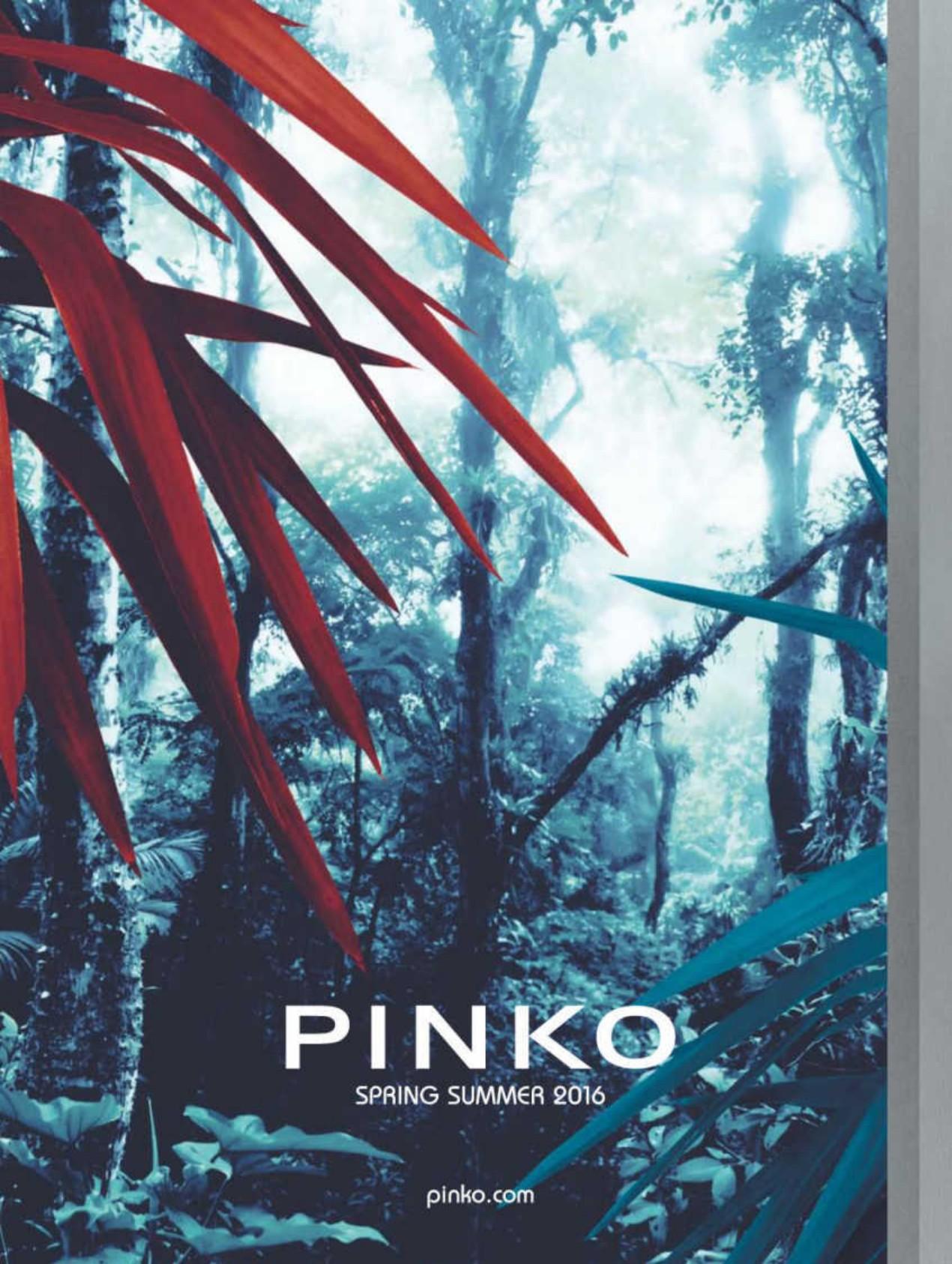
**Kimberly, by email**

## GLAMOUR-TO-GO

This month's winner is Rachel Smith, pictured with GLAMOUR in Mandalay, Myanmar (Burma). Rachel wins an Instax Mini 70 Instant Camera. With a selfie mode and automatic exposure control with high performance flash, you'll be able to snap yourself in any glamorous location. For your chance to win, send us a photo of you with the latest issue of GLAMOUR (with your name, address and location). Good luck!

**Write in!** We want to hear about you – about GLAMOUR, your life, anything. Email us at [letters@glamourmagazine.co.uk](mailto:letters@glamourmagazine.co.uk) or write to GLAMOUR We Hear You! 13 Hanover Square, London W1S 1HN





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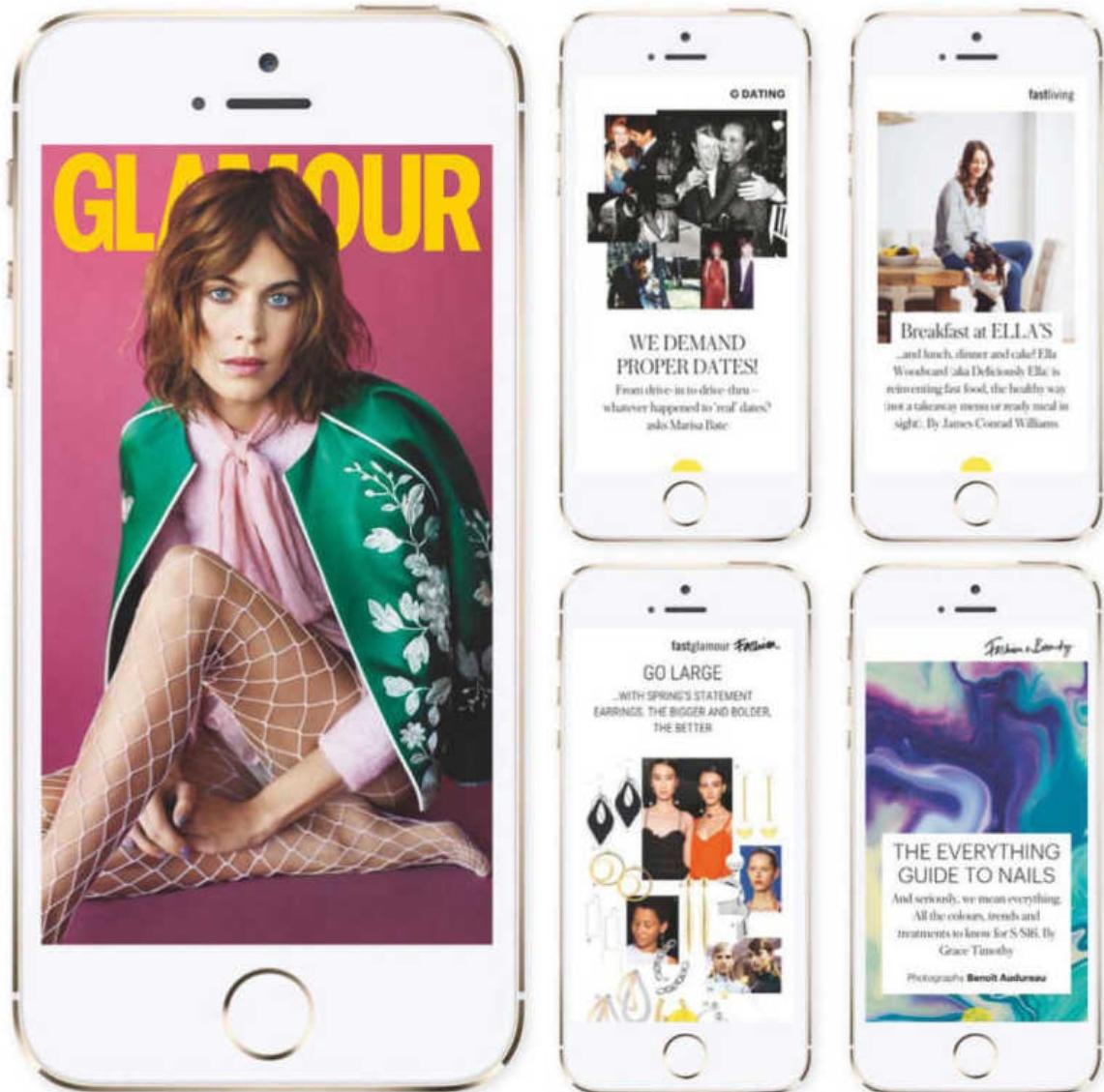
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12 SHADES FOR ALL SKIN TONES



VELVET MATTE SKIN TINT

VELVET MATTE SKIN TINT

VELVET MATTE SKIN TINT

# BOOT IT UP

A universal truth is that wherever Phoebe Philo goes, the fashion pack will follow – so we predict big things for her new take on the cowboy boot, as seen on Céline's S/S 2016 catwalk. It's less kitsch cowgirl, more rock'n'roll rogue – think Keith Richards in the Wild West. Forget the traditional decorative stitching; this version has simple studs. How to wear yours? With skinny jeans and a T-shirt in the cooler months, like Kate Moss, and with a slip or prairie dress come peak summer. Yee-ha! ▶



CELINE



The Kooples

SASHA & MILOS HAVE BEEN A COUPLE FOR 3 MONTHS



"I watched *Making A Murderer* in three days"

Interview by Hanna Woodside. Photograph: Rex Features

## 24 hours with Laura Carmichael

...as the former *Downton Abbey* star rehearses for her new play

**7AM** I'm often up at 5am when I'm filming, so it's difficult for me to sleep past seven. I make a cup of tea, then get back into bed to check Instagram on my phone and reply to emails that have come from LA overnight. **7.35AM** I'm rehearsing for *The Maids*, a play about two maids plotting to kill their boss (my character). I get to be this very glamorous, terribly bitchy woman. Over breakfast (poached eggs), I'll take some time to read through my script. **8.15AM** Day-to-day, I'm pretty low-maintenance – if I can let my hair dry naturally, I do – and rehearsals are very physical, so I just pull on leggings and a big jumper, something I'm happy to roll around in. **9.05AM** On the Tube I nab a seat so I can carry on reading a biography of Jean Genet, who wrote *The Maids* back in 1947. He's an insanely interesting man: he was a foundling in Paris and was in and out of prison, then became this extraordinary artist.

**9.45AM** I grab a coffee on the way in to rehearsals, then start with breathing and vocal exercises. I'm quite softly spoken in 'real life', so I have to make sure my voice resonates on stage. It's exciting to be in a female-led play; it's just three of us, and I get along really well with my two co-stars, Zawe Ashton (*Fresh Meat*) and Uzo Aduba (*Orange Is The New Black*). **1PM** Break for lunch. I try and be prepared, but I usually end up buying it.

I grab some pho – healthy, fresh and quite spicy: perfect. **1.55PM** Back to work. We'll discuss ideas with our director, Jamie Lloyd. He's very open to experimenting with scenes and trying out different things. **6PM** Finish for the day. Often I'm too knackered, but I've got enough energy to head to a reformer Pilates class.

**8PM** Back home, I have some friends round and we crack open a bottle of red wine. I love to cook, and I'm trying something new tonight – Japanese-style seared tuna.

**11PM** I'm rehearsing the next day, so I try to have an early night, but I've got my laptop with me and end up watching Netflix. I ploughed through *Making A Murderer* in three days; now I'm watching Aziz Ansari's *Master Of None* – it's brilliant.

**12.30AM** Now I actually go to sleep. ►

*The Maids* is at Trafalgar Studios, London, until May 21; [thejamielloydcompany.com](http://thejamielloydcompany.com)

# INSTA BRANDS WE LOVE

Reason #786 to be hooked on Instagram? It's the perfect platform to discover new designers. Here are the labels you need on your feed



@charlottechesnais



Fashion maverick **Caroline Issa** (@caroissa) introduced us to **Charlotte Chesnais'** gorgeous jewellery on her Instagram feed. Having spent nearly a decade working at Balenciaga and overseeing the launch of its first jewellery line, Chesnais went solo in 2015. Her own designs combine graphic lines and abstract shapes – cool but classic.



@raefeather



**Rae Feather** started her brand with luxury staples: the perfect cotton shirt, a timeless cashmere cardigan – or 'The Constants', as she calls them. But it's her monogrammed market baskets, first spotted on **Poppy Delevingne** (@poppydelevingne), that have become the stars of the show on Instagram. We're totally hooked.

@sakspotts



Rainbow-coloured shearling, fluffy jackets, unusual shapes and cuts – these striking pieces from Copenhagen-based designers **Barbara Potts** and **Cathrine Saks** just beg to be Instagrammed. Everyone from **Dree Hemingway** to **Kelly Rowland** has popped up on their feed.



@vyshyvanka\_by\_vitakin

When super blogger **Leandra Medine** (aka @manrepeller) and stylist **Anna Dello Russo** (@anna\_dello\_russo) are both Instagressing the same brand, you know you're on to something special. **Vita Kin**'s embroidered dresses and blouses – which give a contemporary twist on traditional Ukrainian designs – are the summer go-tos you never knew you needed.



@boyyboutique

**BOYY** first caught our eye when its now-iconic furry loafers started appearing on our timelines, thanks to blogger **Pernille Teisbaek** (@lookdepernille). But accessory designers **Jesse Dorsey** and **Wannasiri Kongman** have much more to offer: if you're looking for a new bag, BOYY is your brand, with its clean lines and oversized buckles. ►

GUESS.COM

ART DIR: PAUL MARCIANO

PH: KAYT JONES © GUESS?, INC. 2016

GUESS



# Wonder Woman: hell, yeah

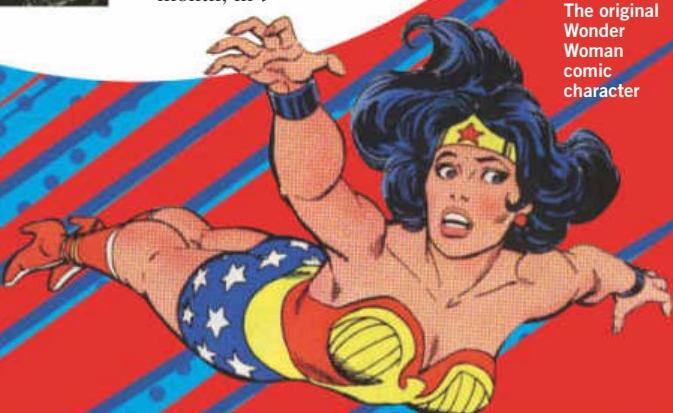
This is the kind of superhero we need in 2016, says **Terri White**

The first pictures of Gal Gadot as Wonder Woman (left) said it all: the world's most famous female superhero (no, I shan't use the word 'superheroine' – \*shudder\*) was back, and you'd better damn believe that a few things had changed.

While the much-loved Lynda Carter had been a pretty badass Wonder Woman in the '70s, she was also very much a product of her time: that cute and frankly impractical outfit (how uncomfortable did those knickers look?); a strength that was smiling, soft and feminine; a *lot* of unsupported-breast running; bracelets and a whip for weapons. Gadot's Wonder Woman is something very different. She's got a sword and fire burning high behind her, not to mention a hard edge we've never seen before. I mean: she looks *really* annoyed. Cross her, and she will do you some serious damage – all in the name of saving the world, obviously.

Our first glimpse of this incarnation of Wonder Woman will be this month, in ►

The original  
Wonder  
Woman  
comic  
character





springtime in new york is...  
people watching.

[katespade.com](http://katespade.com)

covent garden 1-3 langley court, wc2 | sloane square 2 symons street, sw3  
westfield london ariel way, w12 | regent street, w1 (coming soon)

 **kate spade**  
NEW YORK

► what is set to be one of the biggest superhero movies of the year: *Batman v Superman: Dawn Of Justice*. She's rumoured to have an important role (in terms of contribution, if not necessarily screen time), but this movie's only really the start for Wonder Woman. She is a central part of the larger DC Universe – the comicbooks from which all the characters originate – and will be getting her own movie in 2017.

This is significant for a couple of reasons. While she's certainly not the first female superhero on the big or small screen, it's still noteworthy to have a female character who isn't a normal-citizen-lady who – while usually smart and pretty – is inevitably waiting to be rescued by the male superhero, cape a-flowing in the breeze. She is a hero with female anatomy. On an equal footing.

Who doesn't need saving. Who *does* the saving. Hooray! Secondly: Hollywood has long been criticised for not believing in the commerciality of female-fronted



Gal Gadot alongside Ben Affleck and Henry Cavill in *Batman v Superman: Dawn Of Justice*

movies to really pull in audiences and the big dollars. But this seems to be changing, especially in the superhero arena.

It's not just Wonder Woman, you see. In September this year, you can also lay down money to see *Suicide Squad*, another DC Comic adaptation about a crew of supervillains charged with saving the world. This movie will see Margot Robbie and Cara Delevingne playing baddies Harley Quinn and Enchantress (and getting equal billing alongside Will Smith and Jared Leto). We have bad women, doing good, while still really being bad. Pretty rad, right?

Don't get me wrong, we're not suddenly going to see female superheroes kicking their male counterparts out of the cinemas – or even, necessarily, kicking their asses – but maybe, just *maybe*, we'll start to see more of them as strong, powerful, cinema-filling leads in their own right. In appropriate underwear. Hey, it's a pretty cracking start.

Terri White is editor in chief of *Empire* magazine

## WHO'S THAT GAL?

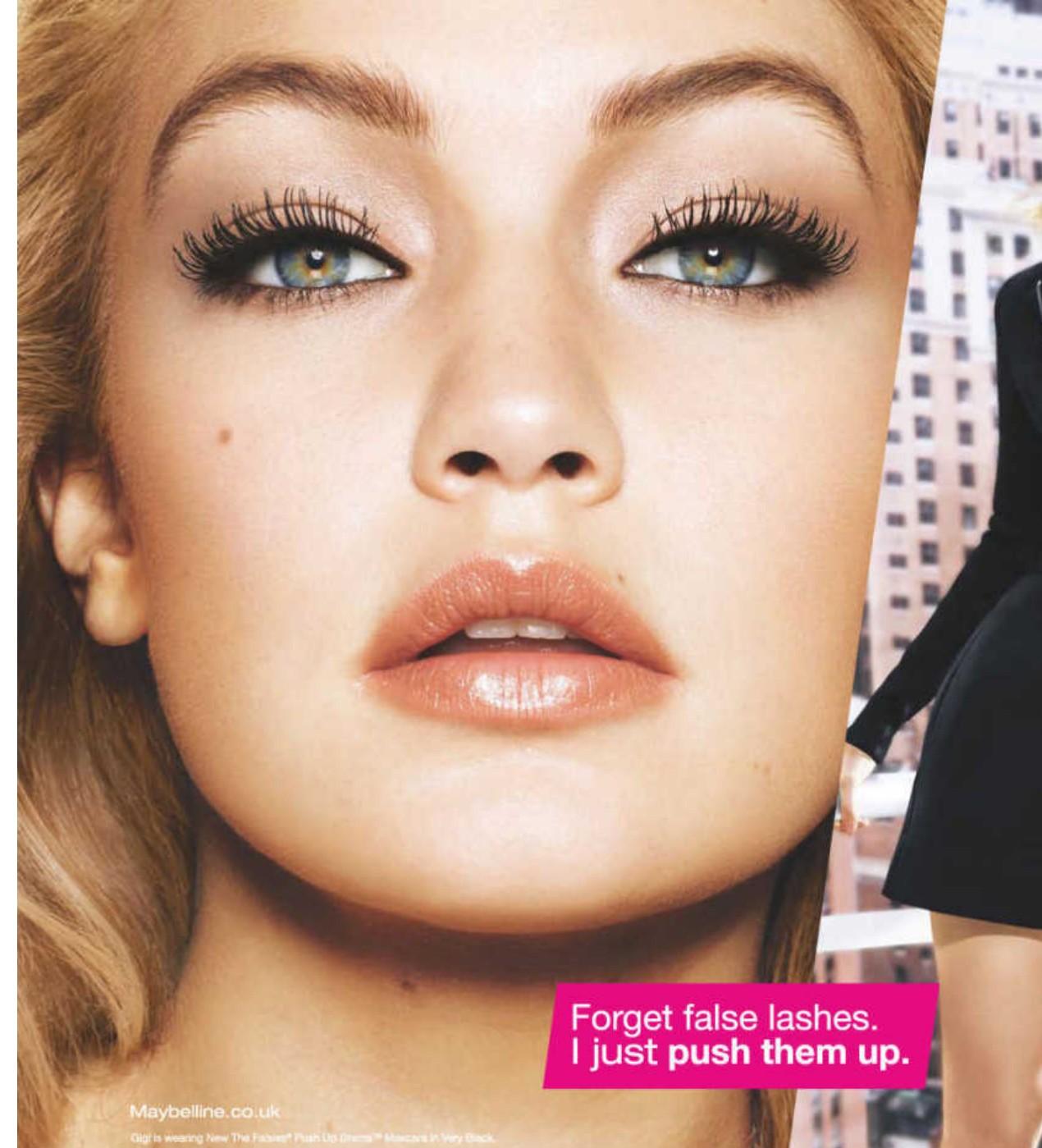


Gal Gadot might not have been a household name when she was cast as **Wonder Woman**, but her story makes her more than worthy of the role. In 2004, she was crowned Miss Israel before joining the Israeli army aged 20 – during which time she continued modelling while being a gym trainer for the Israel Defense Forces. Next, she studied law for a year before being scouted to audition for a role as a Bond Girl. She missed out, but then beat six other actresses for the role of Gisele in the *Fast & Furious* franchise – and, naturally, she did all her own stunts. In 2011, she had a baby girl with her Israeli businessman husband, Yaron Varsano. Oh, and she used to be an avid motorbike rider, but gave it up when she had her daughter. Overachiever, much? ►



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H&M

# NOW SHOWING...

Turn off your phone and escape into 90 minutes of gripping drama



## ▲ THE ONES BELOW

Two couples share a house in London: in the flat upstairs are the nice Kate and Justin (Clémence Poésy and Stephen Campbell Moore, above); below are uptight banker Jon and his Teresa (David Morrissey and Laura Birn). Both women are pregnant – but a tragic accident leaves Kate feeling the neighbours are trying to take over her life. A smartly handled thriller.



## ▲ HIGH-RISE

This caustic comment on the class system of the mid-70s just doesn't quite hit the mark. It starts well: Tom Hiddleston plays a suave doctor who moves into a swanky apartment in a high-rise block. At the bottom of the block, those in their less luxurious flats begin to seethe. The film soon tips into a bonkers uprising with no clear good guys to get behind. 



## ◀ EYE IN THE SKY

If three terror suspects were gathered in one location, but dropping drone-targeted bombs risked civilian deaths, would you take the shot? That's the moral dilemma facing military bigwigs. Helen Mirren and the late Alan Rickman are formidable as a frustrated colonel and lieutenant pushing for answers.



## ◀ ANOMALIA

It's hard to believe that a stop-motion animation, set in a hotel, could be so profound. David Thewlis voices Michael Stone, a depressed self-help author who heads to Cincinnati to give a speech. There he meets his soul mate, Lisa (Jennifer Jason Leigh). Or is he just losing his mind? Weird as it sounds, it's a must-see. 

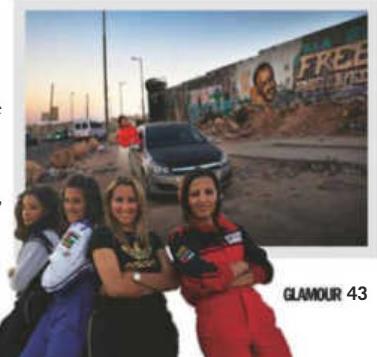


## AWESOME DOCUMENTARY ALERT



Screeching tyres, racing suits and acrylic red nails – it can only be the first all-women car-racing driving team in the Arab world. The Speed Sisters are the subject of a new critically acclaimed documentary

(of the same name), released this month. Together they defy the conventions and stereotypes of occupied Palestine through their love of fast cars, speeding their way into the gritty, male-dominated street car-racing scene. After watching this, nothing will make you feel more energised and ready to take on the world. *Out March 25.* ▶





IS THIS THE SMART

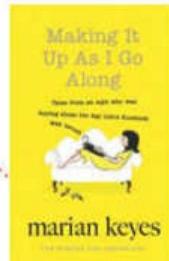
# Fifty Shades?

MAESTRA  
LISA HILTON

Liked the filth of *Fifty Shades Of Grey* but couldn't get beyond Ana's drippiness? Then, like us, you might be excited about *Maestra*, out this month. History academic Lisa Hilton has given erotic fiction a literary reboot in the first of her trilogy starring an amoral, glam, kick-ass anti-heroine. Judith Rashleigh is working for an upmarket London auction house by day and a hostess bar by night, when she stumbles upon a multi-million-pound conspiracy. So begins a thrilling adventure that sees her frolic on yachts with billionaires, use violent subterfuge in Paris and Rome – and have insane amounts of graphic sex. Judith may lock horns with lots of rich, powerful men, but she always comes out on top – often literally. But it's not just about the sex: *Maestra* is also a first-class psychological thriller, so it's no surprise that it's already been optioned for Hollywood. Read it now before the entire world does.

## ON THE SHELF 4 more books we're buzzing about

1



**LOVER**  
*by Anna Raverat*

Fans of *Doctor Foster* will devour this gripping tale of marital collapse. When Kate finds her husband is having an affair, the fallout engulfs every aspect of her life: her job, her relationship with her daughters, her identity. The writing is evocative, while skewering clichés – and it's also the funniest book you'll ever read about a break-up.

**MAKING IT UP  
AS I GO ALONG**  
*by Marian Keyes*

If you don't have a big sister, Marian is the next best thing; her wisdom comes with wit, warmth and self-deprecation. Her third collection of essays is perfect for dipping into after a hard day – check out the chapter about her doomed ambition to be a yoga teacher.

2



3



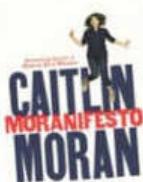
**THE NIGHT  
THAT CHANGED  
EVERYTHING**  
*by Laura Tait and Jimmy Rice*

Besotted couple Ben and Rebecca are about to settle down when a secret from his past derails everything. It's a love story, but also a study of the complex ecosystem of twentysomething friendship groups – there's a lot here that will resonate.

**MORANIFESTO**  
*by Caitlin Moran*

The feminist writer's call-to-arms for a "polite revolution"; this is an anthology of Moran's effervescent *Times* columns, plus some new essays. She describes the book as "detailing how I would solve the problems of the Earth." You wouldn't bet against her. ►

4





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Amelia Freer, **Fearne Cotton**, Jo Malone,  
**George Northwood**

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OPI • Annick Goutal • Jimmy Choo • Agent Provocateur

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POP'S REBEL PRINCESS

# ALESSIA CARA

Meet the 19-year-old singer taking the music world by storm

## WE'RE OBSESSED WITH THESE TV SHOWS

If you didn't get sucked into Amazon Prime's *Outlander* during Season One, it might sound unpromising: a time-travel fantasy about a World War II nurse (Caitriona Balfe) who's transported to 18th-century Scotland.

But it's a feminist period drama that rivals *Game Of Thrones* in its epic glory. Catch the first 16 episodes before Season Two starts.

On Netflix, there's the fourth season of *House Of Cards*. Are Claire (Robin Wright) and Frank (Kevin Spacey) still together? Will Doug's crimes come to light? Bring. It. On.

*Silk* creator Peter Moffat has a new drama on BBC One, *Undercover*. Sophie Okonedo



Caitriona Balfe  
in *Outlander*

plays Maya, the first black director of public prosecutions. Just as her life comes under media scrutiny, she discovers that her husband (Adrian Lester) has been lying to her for years. Is it an affair, or something more sinister?

On Sky 1, we have pacy thriller

**The Five.** Starring Sarah Solemani, *Downton's* Tom Cullen and *Looking's* O-T

Fagbenle, it follows a group of friends who are haunted by a childhood horror that happened 16 years earlier.

Finally, BBC Three – now online only – kicks off its digital offering with **Thirteen**, a dark but surprisingly uplifting drama about a 26-year-old woman (Jodie Comer) who escapes from the cellar that's been her prison for the last 13 years. ►



**Thirteen's** Valene Kane, Jodie Comer and Richard Rankin

**Hair hero**

"It's Bumble and bumble all the way: their Curl Care range is the best."

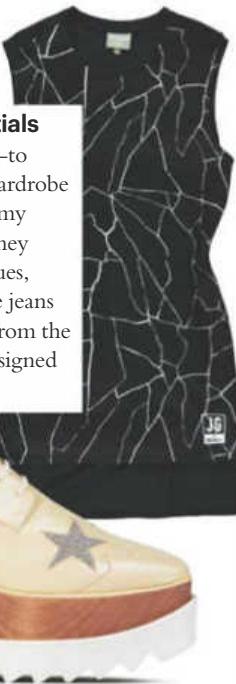
**Dream getaway**

"Next time I can take a break, I really want to go to Barbados with my friends and family."



# Jess LOVES...

Singer Jess Glynne tells us what rocks her world

**Style essentials**

"The three go-to items in my wardrobe right now are my Stella McCartney platform brogues, my black Acne jeans and the dress from the collection I designed with Bench."

**Favourite film**

"*Silver Linings Playbook*: I absolutely love J.Law. She's so funny."

**Foodie heaven**

"One of my hangouts in east London, where I live, is Dishoom. Their Indian street food is just delicious."

**Top tipple**

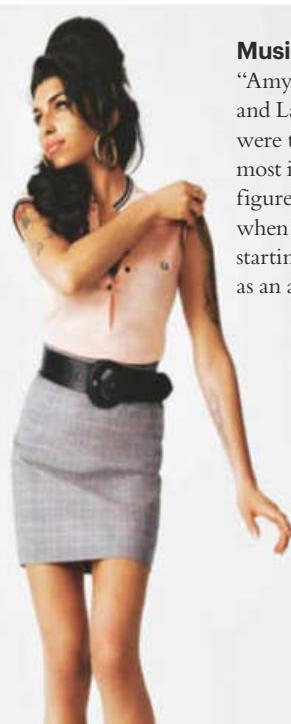
"It's always a Hendrick's gin and tonic for me. Add a slice of cucumber and I'm good."

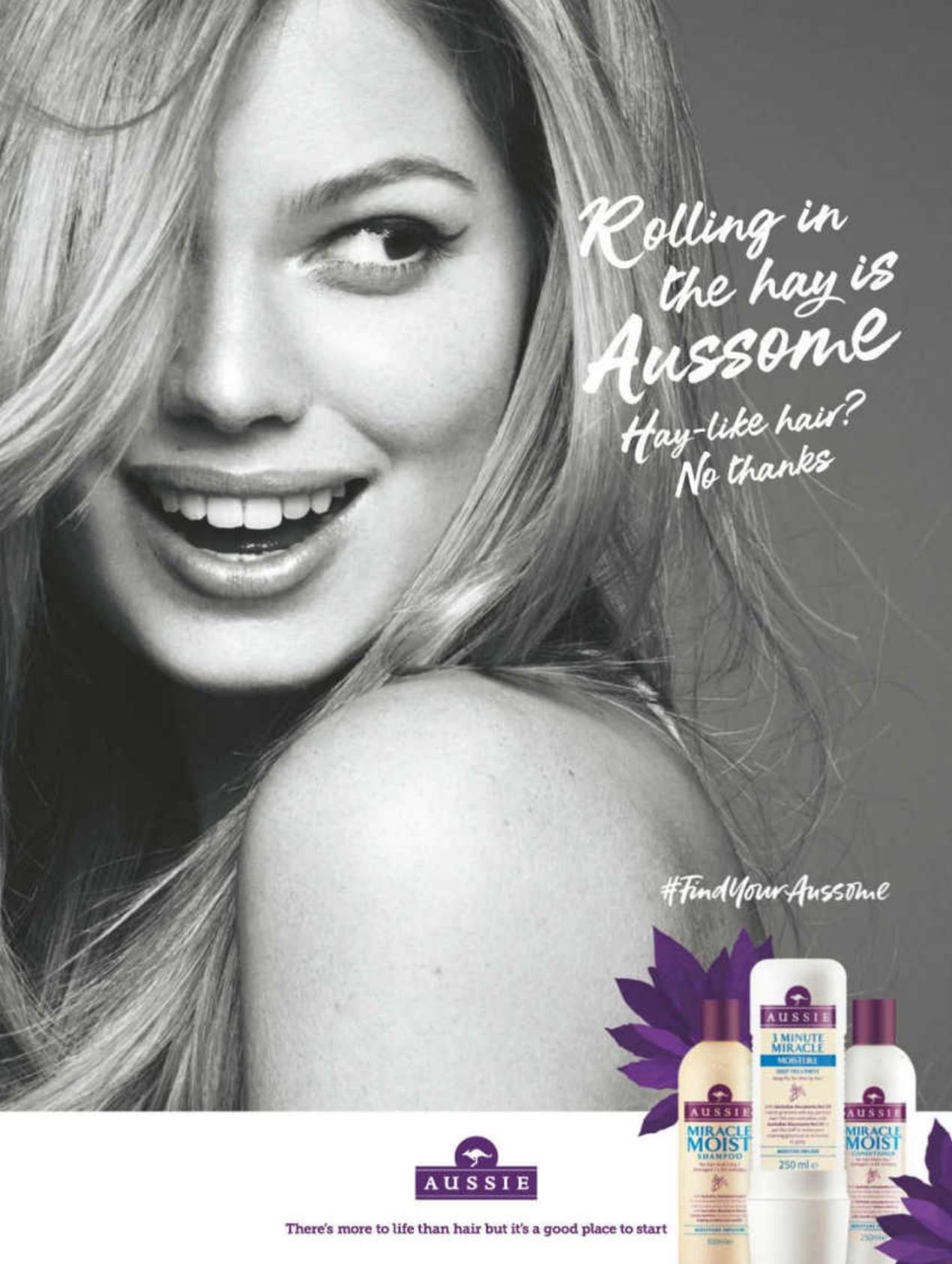
**Beauty saviours**

"Oxygenetix foundation and Nars cover-up are brilliant; they feel super light, almost as if I don't have anything on."

**Music icons**

"Amy Winehouse and Lauryn Hill were the two most important figures for me when I was starting out as an artist."





Rolling in  
the hay is  
**Aussome**  
Hay-like hair?  
No thanks

#FindYourAussome



There's more to life than hair but it's a good place to start



#### The sunglasses

Classic aviators *always* look good. Mix it up with a tinted style.  
**Sunglasses £270** Acne at matchesfashion.com

# Anatomy of a DO

Margot Robbie nails cool-casual

#### The coat

A smarter style pulls this outfit together. Embrace a longer length for maximum swish.  
**Cashmere coat £675** joseph-fashion.com



#### The jeans

Bye bye, skinny jeans. Margot got the memo: it's all about relaxed, vintage cuts.  
**Denim jeans £42** topshop.com



#### The shoes

Espadrilles aren't just for summer. The trick is to opt for a pair with embellishments, or in a more luxe material.  
**Leather shoes £185** prismlondon.com ▶

Ahh,

**rolling in the hay.**

Cheeky? Maybe. Wild? Hopefully.

**Aussome?** Definitely.

**But dry, hay-like hair?** What a turn off.

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#FindYourAussome



There's more to life than hair but it's a good place to start



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Riccardo Candide's transformation: Voluptuous False Lash Effect in Black, Masterpiece Nude Palette in Golden Nudes, Colour Elixir Lipstick in Burnt Caramel, Lasting Performance in Soft Beige.



THE MAKE-UP OF MAKE-UP ARTISTS

# BYE BYE BRONZER, hello **highlighter**

Want *Emily Ratajkowski's* gorgeous glow? Here's how



## 1 PRIMER

Layer an illuminating primer under your foundation to create an all-over glimmer. **Foundation Primer Radiance** £29 Laura Mercier has a pearl undertone that works with all skintones.

## 2 CREAM

After you've applied your foundation, dab a liquid or cream highlighter on the tops of your cheekbones and on your Cupid's bow. Try **Barekissed Illuminator in Monaco** £8.99 sleekmakeup.com



## 4 EYESHADOW

To complete the look, choose a shimmery eyeshadow. **Luxury Palette in The Golden Goddess** £38 charlottetilbury.com has four iridescent shades to create the perfect bronzed eye.



## 3 POWDER

Now use a fan brush to dust on a highly pigmented highlighting powder on the same areas, to really amp it up, like **Shimmering Skin Perfector Pressed in Opal** £32 beccacosmetics.com ►



Anna Dello Russo (right) rocking a fuzzy Fendi bag charm



The more charms, the better

# Fashion + fun? LOVE

Want to pump a shot of adrenaline into your everyday wardrobe? It's all about accessories *for* your accessories: luxury trinkets that are playful and stylish: think of Anya Hindmarch's kitsch leather stickers, Fendi's collectable 'Bag Bugs' and Marc Jacobs' novelty phone cases.

"It taps into the cult of the individual, there's a move towards personalisation in fashion," explains designer Sophie Hulme, whose pom-pom bag charms and keyrings – complete with googly eyes – are quirky and cute.

"The charms can be styled their own way. I'm inspired by seeing the different ways that people wear them."

Beloved by Instagram influencers such as Kendall Jenner, blogger Chiara Ferragni, and fashion editor Julia Sarr-Jamois, these mini accessory add-ons tap into a trend for less 'serious' luxury – instead, it's about channelling a more irreverent vibe, with colourful pop art motifs and emoji characters. It's pure, unadulterated fun.

## GET THE LOOK



iPhone case from £55 Moschino



Leather stickers from £35 anyahindmarch.com



'Strap You' reversible bag strap from £300 Fendi



Teddy bear bag charm £95 burberry.com



Keyrings £135-£165 Sophie Hulme ►



UNEARTH  
THE POWER OF  
EXTRAORDINARY  
**CLAY**



OILY ROOTS  
& DRY ENDS

BREAK  
THE CYCLE



**UNEARTH THE POWER OF EXTRAORDINARY CLAY**  
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Xiao Wen Ju.

\*Consumer test using shampoo + conditioner on 167 women



OILY ROOTS  
& DRY ENDS  
**BREAK  
THE CYCLE**

Lara Stone.  
\*Consumer test using shampoo  
+ conditioner on 167 women



**THE POWER OF EXTRAORDINARY CLAY**  
72H OF PURIFIED ROOTS & HYDRATED ENDS\*  
**THE TURQUOISE ONE**

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## DAWN O'PORTER HONESTLY



**“Forgiveness  
is like  
a mental  
cleanse”**

Recently I realised I'm not angry with anyone in my life. Seriously. I didn't notice when this happened – I just presumed, if I allowed myself to access those emotions, that I was fuming with certain people because of how they treated me. But no, I genuinely don't seem to care any more, and that feels really, really good.

I always assumed that forgiveness was a conscious and deliberate decision. A moment where you think, 'Ya know what? That person acted like a dick, it had a massive effect on my life, but I'm gonna let it go.' I'd never really thought about forgiveness as simply being a consequence of time. Sometimes, hurt just hurts less as time passes.

Technically, I should be angry with quite a lot of people: friends who have treated me poorly, ex-boyfriends who cheated on me, employers who were unfair, family members who behaved badly. I've been shat on from various heights quite often.

At some point, someone else will act like a rotter towards you and you'll not know how to handle it. You'll get dumped, slagged off, stolen from, picked on. You can't control other people's behaviour, but you *can* control whether you take it with you through life or not.

Refusing to forgive people, holding on to a grudge and keeping that anger stops you living the way that you should. It might feel like it powers you in some way – that hate, that force of emotion – but, actually, it stalls you.

Yes, your pain is legit, and sometimes wanting 'revenge' is understandable and tempting, but most of the time, hanging on to stuff is your problem, not theirs. You may be full of hate for them, but the truth is, they probably rarely spare you a thought. Not to forgive is to be a victim of someone else's bad behaviour.

As a non-Christian, I have always admired the focus on forgiveness that is central to the Christian faith. A prime example of this is how the parents of murdered US journalist James Foley ►

GEOX 

#STARTBREATHING

NEBULA <sup>TM</sup>

◀ have said that they are prepared to forgive the Islamic State terrorist who killed their son. As Christians, they feel they must.

Now, if there are people out there willing to behave that graciously about something so hideous and barbaric – something most of us would find impossible to even contemplate forgiving – then, surely, I can excuse comparatively menial crimes like kissing my boyfriend or being mean to me at work? Of course I can.

When I look back on those times when people have hurt me, I can still remember the pain. At the time, I felt like my life depended on that situation and their actions. But in each case it made me tougher. My skin grew

a little thicker. Being able to forgive is an acknowledgement that I've survived, and I'm a bigger and better person for it.

Of course, forgiveness is a two-way street; I know that I've created plenty of opportunities for people to need to forgive *me*. There are times when I've not been a good friend, when I've dumped guys in the wrong way (by text, or just by ignoring them until they went away). I'm aware there may well be people who are still angry with me right now.

Before you think I'm suggesting you call up all the people who have done you wrong and tell them you forgive them – or thank them for making you stronger – I'm not. They never need to know – forgiveness is really just for you. It's a mental cleanse, the best treatment on offer. Go on, treat yourself.

What do you think? Tweet me @hotpatooties  
#GlamourMagUK

*love Dawn*

"Holding a grudge might feel like it powers you but, actually, it stalls you"



**Padded hangers** I hate to sound like Joan Crawford, but the wire ones ruin your clothes.

**Ten Points** Simply brilliant boots. [shoptenpoints.com](http://shoptenpoints.com)

**Aisling Bea** I love a funny gal, and Aisling has it going on. Catch her live, or representing women on chat shows.

**The sweet potato emoji.** My new favourite. It speaks volumes when you can't find the words.



## DAWN'S DOS & DON'TS

**Telling celebrities you are "disappointed" in them on Twitter.** YOU AIN'T THEIR MUM.

**Clumpy lashes.** It just looks like you slept on your face. Drunk.

**Mean comments after online articles.** What are you, five?

**Frosted lipstick.** It does nothing for anyone. ☺



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# You You You

MIDDLE NAME 'FABULOUS'

# Hey, it's OK...

...to 'ninja vanish' from a party, instead of interrupting 20 conversations to say bye

**...to swipe left because a guy has the same name as your dad/evil boss/bad first boyfriend**

...to wonder when festival tickets got *so* expensive. We can get a holiday abroad (with a bed and, er, *sun*) for that

**...if your eyeliner's on fleek – on your left eye only. We're ignoring the right eye**

...if you're having the kind of week where your biggest achievement is putting the bins out on the right day (thanks to GLAMOUR reader @amyjkhan)

**...to nod and go 'umm-hmm' rather than say 'Pardon?' for the fourth time**

...if you're the office oversharer. What he did in bed was ★weird★ and you *need* to talk about it

**...to just sit cross-legged on the yoga mat before the lesson starts, while everyone else shows off their headstands**

(thanks to GLAMOUR reader @sallycochrane)

...to be the one person on Earth (well, Instagram) who *doesn't* like avocado on toast

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }



# WOULD YOU LIVE WITH YOUR EX?

Writer Chloe Lytton does.  
Here's how she makes it work

Wednesday night, and I'm sitting on my sofa watching *The Bridge*, eating fish pie with my husband. To an outsider, we look content and cosy. But the real story is more complicated: we split up last February. A year on, we're still in the same house. We couldn't afford to rent separately, we don't have friends with a spare room, and we needed to wait until our mortgage was up for renewal before selling. We've had to lay down some rules but, to my surprise, we're getting on better than ever. Here's what I've learnt...

## HAVE YOUR OWN STORY STRAIGHT

Whoever initiated the break-up, it's important to take time to think about why it hasn't worked. Do whatever you need to do to get an understanding: keep a journal, read a self-help book. The years' worth of emails to my husband about my frustrations in our marriage were incredibly affirming and comforting to read back. They reminded me our problems were deep and that negative cycles of behaviour had been repeated on many occasions, on both sides.

## STOP SWEATING THE SAME OLD STUFF

"Making a decision to let go of resentment is liberating," says Katherine

Woodward Thomas, whose *Conscious Uncoupling* book has really helped me. "You're not trying to run a three-legged race together any more." After I let go of feeling emotionally neglected, and he stopped feeling guilty about working so hard, I began to see his good side again, as I wasn't fixated on the negative groove we'd got stuck in. As a result, the bickering stopped.

## DON'T DO THE 'OLD TIMES' SAKE' BED SWAP

Although I've been tempted, we haven't ended up back in bed together. We also decided not to start seeing anyone else until we've saved enough money to go our separate ways. "Drawing a line



under the sexual relationship is essential," says couples therapist Val Sampson. "If not, there's the danger that one of you might become emotionally reconnected and hope for a reunion." Despite the sexual frustration and loneliness, keeping it platonic has helped me feel in control.

## SET NEW GROUND RULES

Whether it's doing separate shopping, or not entering their room without knocking, find new rules that work for you. It's important to treat one another with a new sensitivity. "Try to be dispassionate about it," says Sampson. "Never discuss these rules if you've had a drink, as

you're more likely to say something you'll regret."

## SORT OUT THE MONEY STUFF

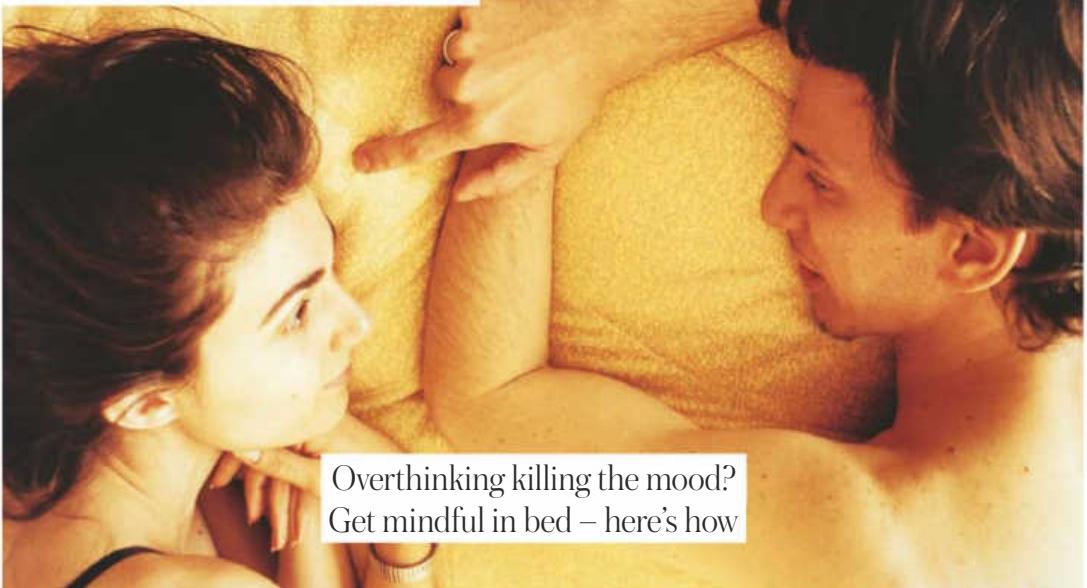
Even if you're still living as a unit, discuss how you're going to split the finances. My husband and I set it all out on a spreadsheet. "If you have a joint account, you might want to renegotiate what you class as joint expenses," suggests financial coach Simonne Gnessen. She also says it's common for couples to have taken on co-dependent roles within a relationship when it comes to money: 'the responsible one and the spender', for example. "These may not be appropriate any more, so if you're feeling anxious, seek independent advice."



**ELIE SAAB**  
*LE PARFUM*

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# (SEX)TRAIN YOUR BRAIN



Overthinking killing the mood?  
Get mindful in bed – here's how

**T**hink sex, think genitals. But new research has located the source of sexual pleasure – and frustration – about three feet higher, in our minds.

"Throughout the day we continually train our minds to be in multiple places at once. But sex requires full brain-body communication. Distractions from the room, or within oneself, pull our attention away – and if the mind is elsewhere, response is hampered," says psychologist Dr Lori Brotto, who runs the UBC Sexual Health Laboratory, studying the mind's impact on arousal. Her findings? It is possible to keep your brain and bits orgasmically aligned.

## BEDROOM YOGA

Wondering what yoga and sex have in common, besides bendy legwork? Well, like reaching Dancer Pose, reaching orgasm is easier when you're 100% present-moment focused – aka being mindful. In a study of women seeking treatment for low desire, Dr Brotto found just four sessions of mindfulness meditation improved

arousal, because it stops mid-act self-judgement. "When a person focuses attention on the sensations unfolding in the moment, they don't evaluate them, overthink them or worry about them," she adds. How to do it? The most basic method is to follow your breath (in, out, in), or ask yourself, 'What do I feel?' "Root your focus in physical sensations: your

partner's breathing, the sounds of bodies moving."

## LOSE THE TASK MENTALITY

No matter what great things are happening down below, eroticism can get trumped by urgency: Am I close? Will it happen? "Setting up orgasm as a goal is a sure way to make certain you don't have one," says Dr Vivienne Cass, author of *The Elusive Orgasm*. "The minute you start tensing yourself to work at it, you'll be distracted. The closer you get, the stronger the anxiety and the more likely you are to switch off sexual feelings." If you catch yourself on the Impatience Express, Dr Cass recommends repeating, 'It's good for me to simply enjoy

what's happening', to stop other thoughts. If 'must' or 'have to' enter your internal dialogue, question, 'Is there real pressure on me to orgasm – or is it imagined?' Lifting that weight could get you there.

## BECOME YOUR OWN NARRATOR

Sometimes the solution to a wandering mind isn't reining it in, but letting it run wild. "Fantasy isn't mindfulness, but it can keep your mind 'on topic'. It's about moving your mind to another place – an image, memory or story – and it can boost sexual response," says Dr Brotto. Narrate what your partner's doing to you – the more you flesh out the fantasy, the more you immerse yourself in it.

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# OVERTHINK EVERYTHING?

Kick the habit with these three tried-and-tested therapy techniques

**H**amster-wheel thinking hits us all at some point. The good news? Recent research by the University of London found that overthinkers are more creative and have a stronger imagination. But when you're stuck in a loop, it's exhausting and unhelpful. "The problem is, overthinking doesn't usually equate to insight or deliver solutions," says Dr Alice Boyes, author of *The Anxiety Toolkit*. Time to switch up your mindset.

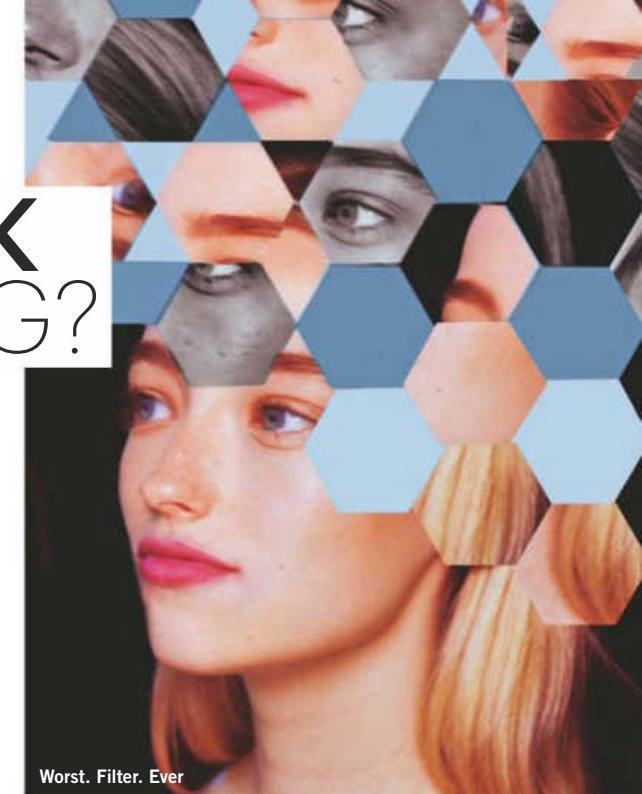
## THE 'THREE QUESTIONS' TECHNIQUE

You need to confront your housemate about cleaning, but hang on, what if she says *this*? Or does *that*? What was a small niggle becomes a day-long conversation – with yourself. "It's natural to want to anticipate outcomes, but you need to structure your thinking, so it doesn't drag on," says Dr Boyes. Limit yourself to these three questions: What's the best outcome? What's the worst outcome? And what's the most realistic outcome? "This is a standard technique in cognitive therapy," says Dr Boyes. "It helps you balance your options swiftly and rationally. Overthinkers underestimate their ability to deal with problems. Considering the worst outcome makes

you realise how you'd cope if it did happen."

## THE 'MORNING PAGES'

"At the start of the day, take a notepad, and without stopping, write down everything that's in your head," says life coach Annabel Gledden. "It's a stream of consciousness, it doesn't have to make sense. Just keep writing and get all your thoughts out, from the inane to the serious." Before you dismiss it as New-Agey nonsense, know that it's extremely popular with business executives and productivity experts for decluttering the mind at the start of the day (Google 'morning pages' if you don't believe us). "Research has proven the effectiveness of externalising thoughts through 'journalling,'" says Gledden. "This exercise stops persistent thoughts



Worst. Filter. Ever

taking hold by processing them physically. Try it for three days and you'll notice a difference."

## THE 'TWO EASIEST ACTIONS' METHOD

"Often, we overthink because we're searching for the 'perfect' solution," says Dr Boyes. "But while we're thinking of the 'best' thing to do, we're actually doing nothing, and the issue grows bigger in our heads. Sometimes we get another level of angst that we're not doing anything." To snap out of it, think of the two easiest actions that will make a difference to your dilemma, and that you can execute by the end of the day. Then do them. For example, you're agonising over a work presentation:

the two easiest things you can do before you go home might be booking the meeting room, and making a title slide. "It won't solve the issue, but you've got out of your head and done something. Action breeds more action."

## BEAT ANALYSIS PARALYSIS

"Overthinkers overload themselves with information for decisions that don't require it," says Gledden. "Practise making small spur-of-the-moment choices. If you're going out for dinner, instead of checking the menu online, comparing multiple reviews and looking at pictures of the dishes on Instagram, just turn up and order."

A close-up photograph of a woman with dark hair and blue eyes, smiling and holding a white mobile phone to her ear with her left hand. She is wearing an orange jacket and a black backpack strap is visible across her shoulder. The background is blurred.

NEW

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\*\*Source: The NPD Group value sales Jan-Nov 2015.

# 4 WAYS TO BRAG ABOUT YOU

(Without, you know, feeling like a douche)

**D**o the words 'self-promotion' make you shudder? Despite its benefits, it's the career skill only 10% of us enjoy, says John Lees, author of new book *The Success Code: How To Stand Out And Get Noticed*. "You don't need to hope that you suddenly become the most confident person in the room. Instead, be the way you are on a good day." That's upbeat, enthusiastic – and armed with these strategies.

## Pitch smart

According to careers specialist Ruth Winden, the elevator pitch – a super-salesy roll call of talents – is dead. Instead, use warmth or humour to explain how you make other people's lives better. Start with an example: "You know all those old photos on your laptop? I show people how to find any image in under ten seconds," suggests Lees – or use someone else's words: "Colleagues call me the IT whizz as I'm the one who always gets our computers fixed."

## Listen like a pro

Talk too much and schmoozing will stall. Heidi Myers, marketing director at media-monitoring agency Meltwater, credits listening for her success. "I'm deaf in one ear, which means



I have to look at someone's face carefully when they speak, so I'm always 100% engaged. People buy into you when they like you: so show genuine interest and ask them questions."

## Be a 'scenius'

Your scene is the career equivalent of your squad – like-minded people you could have a collaborative relationship with. Building one begins on social media:

commenting on people's posts, or posting every time you work with people. "If you encourage a supportive atmosphere, people will congratulate you at key moments and share reasons you deserve praise," says Lauren Riley, creator of The Link, a communications app for law firms.

## Speak up

"These days, there should be no stigma attached

to self-promotion," says Angela Middleton, founder of recruiter MiddletonMurray. A great example is Don't Buy Her Flowers – a gift company for new mums. Founder Steph Douglas contacted blogger The Unmumsy Mum, who has over 320,000 followers. "I took a gamble that she had a penchant for '90s music, and included some R Kelly lyrics in my email. She came back within five minutes and put a link to my business on her Facebook page. We gained 6,000 hits to our website in two hours, and sales went crazy." Yep, all from one on-spec email.

## COLD CALLS, CONQUERED

How to reach out and get a response, by John Lees:

### ON LINKEDIN OR FACEBOOK

Send a supporting comment with your connection request – like how you know their work.

**VIA EMAIL** Make a 'micro-request' – a small form of help that's easier to give than to ignore. Eg if you're after leads, ask for one name, not several.

**IN PERSON** At conferences, say, "This is all new to me, but really interesting. How about you?" It shows positivity and interest – hard to ignore.



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# YOUR KITCHEN'S SECRET WEAPON

Yep, it's the freezer. If all you have in there is a box of fish fingers, you're missing a trick. Use it right to eat healthier, waste less and cook faster

## 4 FOOD SHORTCUTS FROM JUSTINE PATTISON, AUTHOR OF FREEZE

**1 Super-quick strips** "Instead of freezing whole chicken breasts or thick steaks – which take time to defrost – cut meat into 1.5cm strips and toss in a little sunflower oil and seasoning before freezing (they'll keep for about four months). Because they're small, you can cook the strips straight from frozen."

**2 Chef's cheat** "Finely diced carrot, onion and celery are the holy trinity of veg that form the base of most sauces. Prepare a big batch, sauté with a little oil until they start to soften, then cool, bag and freeze for up to three months. When you're ready to use, snap off what you need and continue to cook from frozen."

**3 Handy herbs** "It's hard to use a whole bag before it goes limp. Roughly chop what you have left over, divide into an ice cube tray, then cover with a little olive oil to stop them going brown. Keeps for four months, and you can add to your cooking from frozen."

**4 Banana slices** "Instead of throwing away over-ripe bananas, I slice and keep them frozen – for up to six months – to put straight into smoothies. No need to defrost; once blended, it adds a lovely creamy texture."

### YES, YOU CAN FREEZE...

**EGGS** Not in the shell, obvs. Lightly mix the yolk and egg white together,



and add a pinch of salt or sugar per egg (depending on whether you'll use them for sweet or savoury dishes).

**AVOCADO** Remove the skin and stone and mash with one tablespoon of lemon juice per avocado.

**CHEESE** We're talking hard cheeses only. Grate first, so it doesn't go crumbly in the freezer.

**RICE** It's safe if you cool freshly cooked rice quickly – ideally, within an hour. Freeze in individual portions to avoid a giant block of frozen rice (not that useful).

## FREEZER FAFF, SOLVED

**• Freezer burn** Those discoloured patches are caused by cold air drying out bits of the food. It's not harmful to eat, but it affects flavour. Avoid by wrapping food tightly in cling film.

**• Food sticking together** Use the 'open freezing' method. Place the food, so it's not touching, on a baking tray lined with cling film, then freeze. Once the food is frozen hard, bag it up.

**BUTTER** High fat content = perfect product to freeze. You can use the original packaging. Works for margarine, too.

**NUTS** Instead of letting them go soft at the back of a cupboard, keep in a Ziploc bag (shelled or unshelled) in the freezer.

**FLOUR** It does go off – wholewheat flour, especially, has a shorter shelf life – and can harbour mites if not stored properly. Transfer from the paper bag (too porous) into Tupperware or a Ziploc bag first.



This was the last time she'd fly budget

## NEED A LIFT?

That beyond-tired feeling? Here's one explanation you might not have thought of – and five ways to turn it around

**E**xhausted and irritable but otherwise healthy? It could be your adrenal glands. "They pump out cortisol and adrenaline hormones which create our 'fight or flight' response to stress," says Charlotte Watts, author of *The De-Stress Effect*. When unbalanced, cortisol levels can cause low blood pressure, insomnia, poor stamina, anxiety and depression – all symptoms of adrenal fatigue, which experts are calling the stress condition of our generation. "We're over-reaching," explains naturopath Louise Westra. "Sometimes, our adrenals struggle to keep up, which can lead to that 'burnt-out' feeling." Here's how to keep yours on track:

### Slow down your workouts

Swap rigorous exercise for something more chilled out. "Low-intensity workouts like walking, yoga

or Pilates slows the release of stress hormones," explains Nigma Talib, a naturopathic doctor. Try swapping the treadmill for free weights, as this will build lean muscle mass (which increases your energy), without activating your cardiovascular system (which taxes adrenals).

### Do this before bed

Ease any tension in your body with Progressive Muscle Relaxation. "This is a two-step process where you tense each muscle group from head to toe

for five seconds, starting with your hand, arm, shoulders and so on – then release," says Westra. "Rest for 15 seconds before moving on to the next muscle group. This should put your body into a state of deep relaxation."

### Rethink your vitamins

"When we're stressed, our adrenal glands use up B vitamins, which processes the energy we get from food," says Talib. "Look for vitamin B1 (which optimises brain function) and B5 (necessary for adrenal function)." Add a magnesium supplement (to provide energy to the adrenal glands). "This combination will calm your nervous system and rebalance spiking stress hormones." Try **Nature's Own Vitamin B Complex Plus** which contains magnesium (£11.40 natures-own.co.uk).

### Eat smart

"Swap carb-loaded snacks and refined sugars like popcorn, fruit juice, biscuits and dried fruit (which will spike blood sugar levels) for protein and fat-packed nut butters. Combine with healthy carbs like vegetable sticks, seeded rye bread or whole fruits, especially low-sugar fruits such as nectarines, berries and pears," says nutritionist Libby Limon.

### Switch off

"Every time our phones ping with a new message or alert, especially at night, we get a big hit of dopamine (the pleasure chemical) that stimulates our brain and leads to a restless night's sleep," says Westra. "Spend an hour winding down before bed without any screens, and try and keep digital devices out of the bedroom."

### THINK YOU HAVE ADRENAL FATIGUE?

If you're not feeling 100%, consult your doctor. "It's actually not a recognised medical condition, but if you insist, they could test your cortisol, thyroid and neurotransmitter levels," says Westra. "Once a diagnosis has been made, you should be given a bespoke treatment plan, which will most likely include taking supplements, specific to your needs."



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# HOW I GOT HERE



## Catherine Bedford

Catherine, 43, is a psychiatric nurse. She works for a volunteer organisation in Papua New Guinea, helping victims of domestic violence

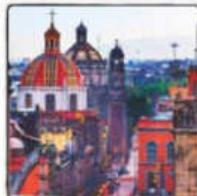
I wasn't very academic at school, but got almost all distinctions at college for my B-Tech in Social Care. I went on to study psychology at uni, but I hated it. It was too much like school, having to listen to someone talking at you, as opposed to debating. I left after a year.

When I ran out of money, I returned to the UK to work as a nanny for six months, before getting a job rehousing street children in Mexico City. I then volunteered for an anthropological organisation in San Cristóbal, running activities for children.

I knew I wanted to work overseas, and a nursing career could facilitate that. I already had a degree, I could do a two-year diploma and arrange my own placements. I was helping children with drug and alcohol problems.

I moved to London to be closer to my sister, and found a job that really suited me: detoxing teens in their homes and helping them into education or work. I often got calls to say one was in danger of self-harming or had been arrested.

Government cuts meant my job was at risk, so I applied for this role after seeing it on the NHS website. It was the right time for a move, and a promotion. I worked on particularly complex cases involving violence and drug and alcohol abuse.



### EDUCATION

**1993-1994**

BA (Hons) Psychology,  
Leeds University

I saw a poster for volunteer jobs in Romania, and left to teach English. But the agency wasn't legit, so I moved to Bucharest, where I worked with the charity Casa Ioana, helping in an orphanage and rebuilding accommodation for children in care.



### EMPLOYMENT

**1995-1997**

Volunteer, Romania

**1997-1998**

Volunteer, Mexico

**1998-1999**

BA (Hons) Applied Social Sciences, The University of Manchester

**2000-2002**

Diploma in Mental Health Nursing, The University of Manchester

**2002-2005**

Mental Health Nurse, Bolton, Salford and Trafford Mental Health NHS Trust, Manchester

**2005-2012**

Clinical Nurse Specialist, East London NHS Foundation Trust, London

**2012-2013**

Clinical Lead/Manager, Whittington Health NHS, London

**2013-present**

Psychiatric Nurse, Volunteer Services Overseas (VSO), Papua New Guinea

I realised I'd need proper qualifications for paid work, or I'd keep running out of money. I finished my degree, this time in social sciences at Manchester. My experience in Romania and Mexico counted as credits, and helped me relate to what I was learning.

I was offered a job at a new unit for vulnerable teens detoxing from drugs and alcohol. It was round-the-clock care, and nights were always the worst, especially if someone was withdrawing. Many had suffered abuse, so I'd listen to them and help them face life in a different way.



I applied to VSO and a job came up in Papua New Guinea for a psychiatric nurse, providing support to survivors of domestic and physical violence – a huge problem there. We see lots of women who've been attacked with stones and knives. It's upsetting, but I've learned that there's always hope, even in the worst circumstances.

### CATHERINE'S LIFE LESSONS

**1 Keep your cool** Explaining things calmly, no matter how angry you are at injustices, is more likely to get people's attention.

**2 Just go for it** My biggest challenges have always been my most rewarding.

**3 It's not always about job titles** For me, the most important thing is the difference I can make.

# FAKE NOTHING



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# A SPRING AFFAIR

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£38 and sandals  
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G SEX

What *really* happens in a  
**THREESOME**



Photographs by **Lottie Bea Spencer**

Three in a bed may seem like the ultimate fantasy, but does the reality match up? As a hook-up app puts threesomes on our dating menu, one couple – and their third – kiss and tell (*everything*). By **Anna Davies**

**W**ith new hook-up app 3nder already reaching over half a million users, adding a third to your bed has gone from being a barely whispered fantasy to a one-swipe-away reality. But make no mistake: while ordering up a threesome may seem as easy as ordering a Friday-night takeaway, it comes with far more intense complications than a 45-minute wait time. Here, a real couple explain what happened when they added a third person to the mix. There's laughter. Yup, there are orgasms. But how they felt afterwards was a surprise to them all.

**THE COUPLE** **KELLY**, 32, a communications director, and **ANDREW**, 27, a barrister. They met on Tinder and have been dating for six months.

**THE THIRD** **MICHELLE**, 25, a fashion assistant and former friend-with-benefits of Andrew's.

### THE PLANNING

**KELLY** Andrew and I were lying in bed, naked, when the idea came up. We've been doing more and more role-play recently – like meeting in the lift of Andrew's flat and pretending to be sexy strangers – and we were talking about the fantasies left on my sexual to-do list. A threesome is something I've been curious about for ages. My friends are all settling down, which has only made me feel more wild. I knew Andrew would be game, so this felt like the time to stop thinking about it and actually tick it off.

**ANDREW** My first thought was, 'This is going to be complicated.' It's one thing to think of creative ways to be naughty, but when it involves a third person, suddenly there's planning involved. But then I remembered Michelle.

**MICHELLE** Andrew and I met at a party years ago. There's no romantic spark between us,

but we are both adventurous, open, and intense – so we always seem to end up together if we're in the same place and not seeing anyone else.

**ANDREW** The idea of having sex with a stranger scared me. Michelle is very open about her sexuality; I knew she would consider the offer and wouldn't be insulted if I asked.

**MICHELLE** His text made me laugh. I love that our friendship is so direct like that. And I was direct back: I asked for a photo. When I saw Kelly, my first thought was, 'Well done, Andrew!' My second was wondering what her breasts would feel like. I couldn't help noticing they were bigger than mine.

### GETTING READY

**KELLY** I kept changing my outfit. My heart was hammering so hard in my chest. Andrew was watching TV, wearing the same jeans, T-shirt and trainers he'd had on all day. I'd gone out and bought lingerie – a black and red sheer lace bodysuit – but I ended up just wearing an old black lacy bra and knickers. I didn't want to look like I was trying too hard.

**ANDREW** Kelly was so nervous. I pulled her in for a hug at one point and told her we didn't have to do it. But she wanted to. And she looked amazing in everything.

**MICHELLE** I had a glass of wine with my flatmate before I went out. She thought I was just meeting up with Andrew. I kept imagining what she would think if she really knew. I wore a black dress, no knickers. I felt super sexy and confident, like I was playing the part of a seductress. ►



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### ◀ AT THE BAR

**MICHELLE** I was annoyed to arrive first. I was sitting, playing with my phone, surrounded by couples on a 'normal' Friday night out. I began to second-guess myself; here I was, all dressed up, and where were they? I started to worry they'd changed their minds.

**ANDREW** I was worried about Kelly as we headed to meet Michelle. Her face was flushed and she kept talking really fast.

**KELLY** I wanted to do it. I just had a lot going through my head. Mainly, I was nervous Michelle wouldn't be attracted to me. My knees were shaking so much that Andrew had to help me walk into the bar.

**MICHELLE** I saw them before they saw me. She was leaning into him; she seemed much more shy than her photos made her look.

**ANDREW** The bar was packed and the barman was taking forever getting our drinks.

**MICHELLE** I made Andrew pay for my wine. That broke the ice a bit; it allowed us all to have a laugh about who was in charge of what and the strangeness of the situation.

**KELLY** Michelle was lovely. She and I traded compliments, and it turns out we both go to the same gym.

**ANDREW** It was such a relief to come back to our table and see the girls getting on so well. This was the first time I genuinely felt excited, like, alright, we're going to pull this off.

### BACK AT ANDREW'S FLAT

**MICHELLE** Andrew usually drinks a fair amount, so it was interesting he stopped after two pints.

**ANDREW** I wanted to make sure I wasn't drunk. Since I was the only one who knew both parties well, I felt like it was my job to ensure everyone was having a good time. **KELLY** Michelle's thigh was touching mine on the cab ride. I could smell her perfume and kept thinking about what would happen next. I'd kissed a few women at uni for dares, but never gone further than that. I hoped Michelle would take the lead.

**ANDREW** It was interesting watching how the two women interacted. Kelly is usually forceful, so it was such a change to see her playing coy. Meanwhile, Michelle is always very sensual and I could tell she was focusing all her energy on Kelly. Michelle kept touching Kelly's hair and bare skin, so I was surprised when the door closed behind us and she turned to me and undid my trousers.

**MICHELLE** I felt like someone had to get the ball rolling. I thought making a move on Andrew would propel Kelly to act. It worked. While I was kissing Andrew, Kelly began running her hands through my hair.

**KELLY** I had no idea what I was doing. Michelle pulled me towards her, and we began kissing. It was so soft. I couldn't get enough of the scent of her perfume. It felt so surreal. At one point, I glanced over at Andrew and he was watching us with a big grin on his face. That turned me on.

### THREE IN A BED

**MICHELLE** Kelly was so into kissing, which I loved. I consider myself bisexual, but I've been with women who are doing it more for the experience than anything, and it's a bit off-putting. But I really felt like Kelly and I had the same amount of desire for each other.

**KELLY** Michelle and I moved to the bed together – she was touching me. And then Andrew started getting involved.

**ANDREW** I didn't know where to begin. Once you have three people in bed, there are so many more options; it's not just Tab A into ►

◀ Slot B. I wanted to touch them both, and I also wanted to watch them both. At some points, I felt I was just getting in the way.

**KELLY** I pushed Michelle off me. I was enjoying it, but I needed some time to catch my breath. That's when Andrew began having sex with Michelle. He was on top of her, and I began kissing him and touching Michelle's breasts. That was the moment when I realised, *whoa, I'm having a threesome.*

**ANDREW** Oh my God. It was incredible, because everyone was so into it.

**MICHELLE** Andrew pulled out of me, and was about to have sex with Kelly when I realised he was wearing the same condom. No way.

**KELLY** The condom thing sort of ruined the moment. I was so glad that Michelle mentioned it, but it was also like, ugh, that isn't the way it happens in porn. It was a reminder that this was a big deal.

**MICHELLE** I liked the feeling of matching my moans to Kelly, but once she and Andrew began having sex, I started feeling funny about everything. It was something about the *way* they had sex: Andrew looked into Kelly's eyes immediately and was more gentle than he'd been with me. I don't want to say I felt used, but I did feel like I was done for the night. I touched myself to orgasm,

but I did that because I didn't want to seem like I was killing the mood.

**ANDREW** I orgasmed right after I heard Michelle orgasm. I don't think Kelly did.

**KELLY** I didn't. My brain was trying to record everything, it made it hard to feel in the moment.

**MICHELLE** I thought about going back to Kelly and trying to make her orgasm, but I didn't. I felt like we'd ticked all the boxes and the threesome was over. I was glad when Andrew rolled out of bed and got a bottle of wine.

## A F T E R W A R D S

**ANDREW** It was a bit anticlimactic. Kelly immediately pulled her bra back on, like a sign she was done for the night.

**KELLY** At one point, the three of us were all in bed and I wondered what the etiquette was: would we all fall asleep together? All night? But then Michelle got up and told us she was leaving. **ANDREW** I walked Michelle outside and she kept saying that this was what the "guest star" was supposed to do: leave. It was jokey, but here was where it felt really complicated. It was obvious

Michelle felt off. But Kelly seemed relieved when Michelle suggested booking an Uber. It definitely felt tense once the sex was over. **MICHELLE** I thought Kelly was great, and Andrew did everything right. I guess I just felt a bit lonely. When they started having sex, I realised this was *their* fantasy, *their* relationship. And I was like, well, what did I get out of this, really?

## O N E W E E K L A T E R

**MICHELLE** I don't regret it, but it made me realise that even though I act like I'm sexually adventurous, I would rather be sexually adventurous with a partner. It was hard seeing them cuddling while I got a taxi.

**ANDREW** I thought I wouldn't want a threesome with

a stranger, but I do wonder if it might have been easier. I felt like Michelle was disappointed. I don't think Kelly and I will plan another, but if one happens to come our way, I wouldn't say no.

**KELLY** The hottest part wasn't the actual threesome (too much thinking; too many bodies), but the lead-up was incredible. Feeling like I had permission to follow my fantasies was amazing.

**ANDREW** Weirdly, I think it deepened my and Kelly's commitment. We've talked about it since, helping clarify where we stand on monogamy. ➤

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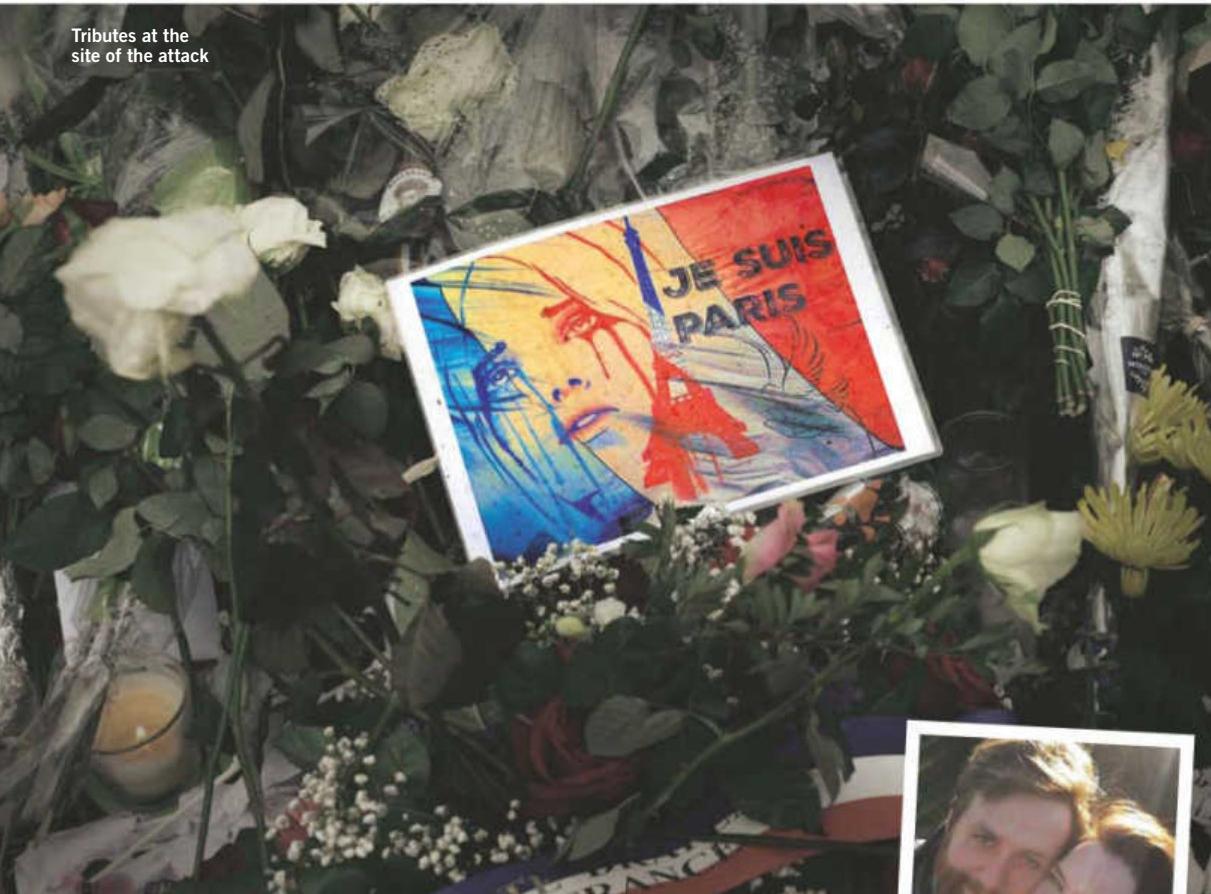


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Tributes at the site of the attack



# "I survived the BATACLAN MASSACRE"



On November 13 last year, three ISIS terrorists opened fire at the Bataclan theatre in Paris, killing 89. Katie Healy, 28, and her boyfriend, David Nolan, 33, were in the crowd. This is Katie's harrowing account of the night she was convinced would be her last. As told to Julie McCaffrey ►



Eagles of Death Metal on stage at the Bataclan, moments before the terror attack

**H**is black leather boots were inches from my head as he walked around piles of bodies, shooting anyone who moaned or moved. He fired his Kalashnikov at people who were already dead. I felt a quiet and calm acceptance that I would soon die.

Lying face down on the Bataclan floor, I knew my words to my boyfriend, David, who was lying protectively on top of me, would be my last.

"This is it. I love you. Goodbye."

Our trip to Paris had come at the happiest time. In love for two years and living together for six months, David and I felt everything was falling in to place. On my 28th birthday, three weeks earlier, David started the day coolly acting as if he'd forgotten it. Then he brought me warm croissants and 48 red and white roses in bed. I felt utterly loved, lucky and positive about the future. Inside his card he'd written: "Pack your bags – we're going to Paris."

We landed around lunchtime and strolled through the streets of Paris, wrapped up against the fresh chill. The weekend was our first mini holiday abroad as a couple. We'd

In between the shots it was eerily quiet. We were all too afraid to scream"



planned to browse boutiques, sight-see and people-watch from street cafés.

That night's Eagles of Death Metal gig was unmissable because we're both fans. We got to the Bataclan early, found a table on the terrace and ordered baguettes so we could enjoy the buzz from people milling around. Excitement about seeing the band gave the air an electric charge. Eagles of Death Metal are impossible to watch without smiling, laughing and dancing. They give their crowds a joyful escape from harsh reality. But the harshest reality decimated that fun, safe zone.

David and I settled in a spot downstairs not far from the door, with our backs to the ►



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◀ bar. We were beaming as we danced. Six or seven songs in, I felt a push from behind. Then something wet hit me.

I turned towards David to ask if a drink had spilled on me. A flash of light, snap of gunshot. Then snap, snap, snap. There was no time to process one bullet being fired because there were so many. It didn't stop. I felt disbelief. I thought, 'I know what's happening – but it can't be happening.'

Suddenly I was on the ground. I hit my head hard when I fell. I heard people say "firecrackers", but I knew it wasn't. The taste of blood is like a mouthful of copper. The smell of gunpowder is like a firework times one thousand.

David crawled on top of me and we lay flat. The man who'd been standing in front of me was definitely dead. The lady with him was gone too. I knew then that this was a massacre. David has always said it's his instinct to protect me – that's one of the many special things about him. But I wanted to protect him too. I was terrified of feeling a bullet take him. If they hurt David, I would run at them.

The first round of gunshots sounded merciless against the backdrop of screams. When they stopped, David hauled me up and said, "Run!" The ground was slippy with blood, which was frothy because it was so fresh. The floor was so thickly covered in body parts and blood, I do not know if it was wooden or carpeted.

After we'd taken barely a couple of steps, the shooting started again. Immediately we dropped to the floor. I knew the *Charlie Hebdo* offices were close by. I knew this was ISIS. And I felt indescribable cold, still fear. David scrambled on top of me again, covering my torso and head. My heart was beating so loudly, my breath was so heavy, I worried I would make him heave just by breathing. We were one big moving target.

The lights came on and I saw a man close to my face choking to death on his blood. I tried to keep looking at him so the last thing he saw

wasn't a gunman. My head and nose were flat to the floor, with blood on my lips and face.

The shooting raged on. Every shot made the floorboards quake. Bullets cracked and ricocheted. Beneath the sound of gunshot, David quietly spoke to me the whole time. We repeated the same things to each other: "Stay down. Keep calm. Don't move. I love you. It's OK."

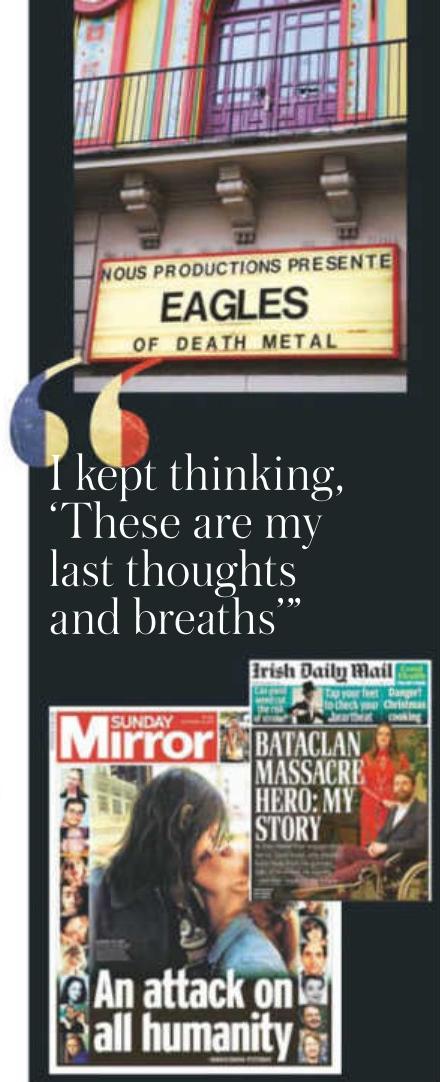
In between the shots it was eerily quiet. The screams that had erupted when the firing first started died down. We were all too afraid to scream. Even people dying made as little noise as possible. I kept thinking, 'These are my last thoughts and breaths.' I wanted to fill the time I had left with thoughts of those I loved.

The instruments on stage were still plugged in and I could hear an electrical hum. After each gunshot blast, the strings vibrated. I still hear that hollow hum now. At night it keeps me awake and brings me back. That's what I'm finding so hard – it's small things, like the haunting sound of vibrating strings.

The doors were closed, people all around us were being murdered and it was impossible to get out. We heard footsteps and gunshots, footsteps and gunshots. The gunman was

getting closer. We saw his boots six inches to the right of us. Black boots coming to steal our lives. I thought of my family and an image played out, repeatedly, of Mum and Dad in the sitting room and Mum being handed a phone which would bring bad news. I thought of never having kids, of dying with David. We said our goodbyes.

Then he walked past us. And I will never know why. It seemed like a second later that David saw a door open and said, "Get up and run!" I said, "No, please no. Play dead." But he dragged me up and we stumbled towards an open door while they shot at us. We jumped over bodies and I tried not to stand on anyone. I looked to see if there was anybody we could drag with us. But no one was alive. Around ten of us escaped into the street. I heard the door ►



The massacre that shocked the world

◀ slam shut behind us. My shoes were dangling from their straps, and filled with blood. I ripped them off and kept running. When I urged David to hurry, he said, "I can't. I think I've been shot."

His shoe was overspilling with blood and more was pumping out. So I dragged him until we reached a road. I screamed and tried to wave down cars that wouldn't stop for us. I panicked then. My calls weren't getting through to the emergency services and I started to despair.

Then a girl behind the gates of an apartment block saw me and led me in. There was no hiding from the stark reality in the bright, mirrored hall. It showed David lying down, his face the same colour as the cold marble floor. He was fighting to stay conscious. I caught my reflection. My face was covered in blood and I tried to wipe it with my sleeve, but my arm was covered in blood too. I didn't feel safe in a glass lobby with fluorescent light, so we took a lift to a higher floor.

In the corridor, the girl tried to stop David's bleeding by tying her scarf around his foot. She was in her mid twenties, and very competent. She took off David's shoe and we saw a hole burst through it. Another resident called their doctor friend, who came quickly. And as he treated David, I texted our families. "David's been shot. I am OK. Going to hospital. Will call."

In the car on the way to hospital I crouched over David, terrified he'd be hit if there was shooting in the street. Doctors sped him away as soon as we reached the hospital, and I fell to pieces. I was in a waiting room, with blood on my clothes and bits of horror in my hair, without word of David for five hours. Sobbing, unable to communicate because all my French had disappeared. My glasses had been knocked off and my fuzzy vision exacerbated my fear.

Finally, a doctor took me to David and I stayed by his bed for two nights, dressed in a child's tracksuit given to me by the Irish Embassy. My sister Faye had contacted them from home.

David has since had five operations on his pulverised foot and is in a wheelchair. We are not yet sure of the outcome, and are



**Our happy lives  
are in tatters, but  
David and I are  
determined to  
rebuild them"**

concentrating on his health for now. Mentally, I'm struggling. I had one session of counselling, but I didn't find it helpful. How could anyone understand?

The constant ringing in my ears means I haven't heard silence since the Bataclan. I still hear footsteps and gunshots. I still see, feel and taste that night. Sleep eludes me. And I'm nervous in crowded places. Just walking through a shopping centre can give me a tight feeling in my stomach, a sense of doom that tells me, 'You've got to get out of here'. But I try to remind myself I'm safe now.

I have no anger. Just sadness for the people lost. We saw on the news that the people eating beside us on the terrace all died. We witnessed them eating their last meal. I'm even sad for the terrorists. So many lives lost, and for what? Whatever they tried to do, it didn't work.

The outpouring of love from strangers in France and at home has overwhelmed us. We've seen so much kindness, so many flowers and cards. The girl in the apartment block. The man who wrote a moving poem for us and sent it to "Katie Healy, Bataclan survivor" – and it reached me. We saw the worst and the best of people.

After a hospital appointment in Dublin in December, David treated me to a night in my favourite hotel. In our beautiful room, I turned to see him out of his wheelchair and down on one knee. He proposed and of course I said yes. He had planned to propose that weekend in Paris and the ring was in his bag back at the hotel.

I Tweeted our news – a spark of light at a dark time. But I immediately regretted it. Because the next day I was stunned to see myself on the front page of Irish newspapers. It looked like we were flaunting our happiness and I felt guilty that so many people at the Bataclan won't get engaged or don't have a husband or wife any more.

Our happy lives are in tatters, but David and I are determined to rebuild them. We are not the same people but we are still in love, and hate must always be defeated by love. We won't give terrorists the hatred they want. We have to prove that love wins. 

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# *If women RULED*

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To celebrate International  
Women's Day, we asked  
influential female voices  
to share their vision  
– and **Zoe Williams**  
leads the charge

Artwork by **Beth Hoeckel**

Ever since I've been a feminist (it started when I was five – before then I was more focused on the rights of younger siblings), people have been asking, "What's the point?" When we come together for International Women's Day on March 8, that voice becomes more pronounced: what more can women possibly want after all that's been achieved? Indeed, don't you undermine your own activism when you're still having to make these statements of solidarity, year after year, as though nothing ever changes?

The short



# THE WORLD...

answer is 'no', the slightly longer answer is this: 2016's theme is parity (#PledgeForParity), but this is a subtle yet far-reaching concept that delves past what we get paid, touching our place, status, safety and potential in the world. The challenge of parity is different across the world: in some countries, the most urgent issue is whether or not

women have access to the workplace, or to tertiary education, or indeed to any education at all. In others, women have made huge advances, but left vast

mountains inexplicably unscaled – such as the US, where maternity provision is still pathetic; and in countries like our own, the pay gap looks solved from one angle (full-time work) until you look at it from another (part-time disparity, where most of the workforce is female).

The point is to say – loudly and globally – "Her problem is my problem". Only that underscores the fact that this is systemic sexism and not just a series of unfortunate mistakes; only that way can we help each other with new perspectives and new ideas; only that states our commitment to one another, and only in solidarity have we ever achieved anything, or ever will.

It tickles me when people ask about (the lesser-publicised) International Men's Day, because in a sense, this is that too – in a recent survey, 86% of men in the UK wanted more gender equality, while more than a third (39%) of all men saw equality as beneficial to them personally. This quest for justice between genders and across borders is a massive boost to the state of being human, and, with every year that it happens, more of us can see that.

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## Gender would have nothing to do with being good at your job

**Vikki Stone**  
Comedian and composer

I have a job in which my gender is needlessly added to my job title. I'm called a "female" comedian and "female" composer. I get asked in interviews what it's like being a woman in my industry, because of the automatic assumption that it must be in some way different or difficult for me to do my job, because it's a job that's usually taken by a man. I get told I'm "very brave" when, actually, the only time I'm truly brave is when I look at my Twitter timeline just after I've been on telly.

**We add gender prefixes to many jobs.** For instance, we add a male prefix to both stripper and nurse on the assumption that someone who takes their clothes off for a living must be a woman, and someone who cares for us when we're unwell must also be female.



Vikki's comedy choral composition premieres at the Royal Albert Hall on April 10, sung by the National Youth Choir Of Great Britain

A men's magazine published a poll last year in which it listed who was the 'Greatest Comedian', 'Greatest Designer' and 'Greatest Author', and finally added a category of 'Greatest Woman'. This sends a very clear message to its readers that a woman could not be among the best in the business of design, comedy and literature. Needless to say, there were no women on any of these 'greatest' lists, and Judi Dench won Greatest Woman, which is fair enough, because as women go, she's a good 'un.'

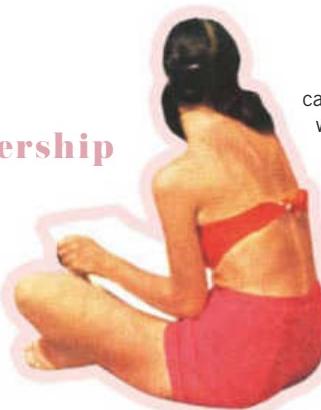
**If I had my way, we'd live in a world** where gender has nothing to do with being good at your job. The only thing that would determine whether or not you're good at your job is actually being good at your job. **I often turn to musicals** to answer life's big questions (who doesn't?), and the 1943 musical *Oklahoma!* offers some very sound advice on gender equality: "I don't say I'm no better than anybody else, but I'll be damned if I ain't just as good."

## We'd have tough and compassionate leadership

**Janine di Giovanni**  
War correspondent



The world of conflict resolution and diplomacy is still a gentlemen's club. After Angela Merkel's efforts to haul in the Grexit and take moral command of the refugee crisis, I noticed it more. Why are we so few? In 2015, I received a scholarship to study at The Fletcher School in the US, one of the most prestigious diplomatic training grounds in the world. My class all hold down jobs while doing the coursework. And many have families. My male colleagues frequently say their wives are "saints." The women don't have partners or just soldier on. One took an international finance exam in her hospital bed two days after giving birth. We women also often talk of the guilt we feel being away from our kids. Men in diplomacy



can work in the field, but have wives at home to run the show.

I just read an article by Anne-Marie Slaughter, the former American foreign policy tsar who became famous for her 2012 essay about why women cannot have it all. I agree with her – it's a myth.

After my degree I want to work in Track II diplomacy, non-governmental organisations working on peacemaking and resolving conflicts.

When I told my thesis advisor, she was thrilled: "There are so few women in this field!" she exclaimed. Why? Men are traditionally thought of as being better negotiators. "Women are often thought of as a third gender in this field," she said. (Meaning, we don't exist.)

**Women are learning to be better negotiators**, and we have more compassion – crucial to ending conflicts. That's why Merkel was so extraordinary last year: she was tough, but her humanity shone through. She's up there as my role model. ►

Janine di Giovanni's latest book, *The Morning They Came For Us: Dispatches From Syria*, is out now

## We'd ditch the tampon tax and declare a national holiday

Ellie Gibson and Helen Thorn  
Hosts of **The Scummy Mummies** podcast



**International Women's Day is such a wonderful time of year.** We just love opening the windows on our International Women's Day advent calendar, hanging tampons on the tree, and feeling like we truly are equal for that one day out of 365. But the best bit, of course, is receiving International Women's Day presents! Here's what's on our wish list this year.

### Tax-free shopping

We're big supporters of the campaign to get rid of the tax on feminine hygiene products, which are currently classed as luxury items. But we think women shouldn't have to pay tax on the other essentials we can't do without, like chocolate Hobnobs and wine. In fact, we believe Sauvignon Blanc should be given away free on the NHS.

### A day off

We would like International Women's Day to be declared a national holiday, for all women to spend however they like. So that might be going to a spa, seeing friends or visiting an art gallery. In the evening, we'd turn Britain into one massive girls' night out. No tedious chat-up lines, no fights outside kebab shops – just women having a great time.

Ellie and Helen will be performing their live comedy show around the country this year. [scummymummies.com](http://scummymummies.com)

## We'd all be entitled to an education

Clara Amfo  
**BBC Radio 1 presenter**



**We're in an era**, especially in the western world, where females are bombarded with messages

that tell them to place the entirety of their value on beauty, becoming the ultimate partner/mother and that almighty 'like'. As seemingly great as it would be to have no physical imperfections, a model relationship and a million Instagram likes a day, these things pale miserably in comparison to a mind left uneducated, especially when a young woman has no choice.

**I believe if women ruled the world**, not one young woman would go without this basic human right.

**Many of us probably said at school**, "When am I ever gonna need Pythagoras' theorem?!" But everything your teachers spent time filling your brain with is a privilege often taken for granted.

**With knowledge comes power**, and the freedom to break the developing world's devastating cycles of poverty, death in childbirth and forced marriage. According to the charity Plan International, for each year a girl stays in school, her income will rise between 10-20%. Just one educated young woman can be a catalyst for change, so imagine the force of millions.

**On a visit to Ghana, I saw this** at local radio stations, where schoolgirls were producing and hosting shows. I was inspired by their confidence and ambition – traits they probably had anyway, but were amplified by being able to learn.

**I don't want to live in a world where girls can't design their own lives.** Here's to a future where they can be educated, live without limits and grow up to be some serious women who rule. ►



new



READY TO MAKE  
YOUR WISH?

## Society's obsession with the bikini wax would wane



Kathy Lette  
Bestselling author

**WAXING** If women ruled the world, society's obsession with the bikini wax would wane. My own pudenda could be awarded National Park status. I like my pubic hair. It's like having a little pet in my pants. You'll never hear me say this in any other context, but bring back bush!

**FASHION** We all know that trends come in one era and out the other, but if women were in charge, high heels would become a low priority. With female politicians sprinting around the G20 in comfortable flats, crippling stilettos would become a fashion faux pas. Our engineers would simply invent a shoe that is flat all day, then magically transforms into a high heel at night. I already have a name for it: The Social Climber.

Kathy Lette's latest funny, feminist novel, *Courting Trouble*, is out now

**SEX** Women will no longer have to fake orgasms, because men will no longer fake foreplay.

Female genital orienteering courses will be compulsory. (My favourite destination is a cosy little spot by the name of "G".)

**JUSTICE** On International Women's Day, let's imagine an all-female High Court who would make sure that rape victims are not brutalised by "she asked for it" insinuations. Imagine anyone saying that in a murder trial – "Yes, it was consensual death."

**MEN** Equality is good for blokes, too. The word 'men' is in Mensa because blokes are smart enough to know that after centuries of patriarchy, it's only fair that females get a go at running the planet. Because clearly women can do anything... except, perhaps, scuba dive in stilettos and skydive in a bikini.

## There'd be far fewer meetings for a start

Gaby Hinsliff  
Guardian columnist

**If women ran the world there'd be no wars**, just intense negotiations every 28 days. So said Robin Williams – except, of course, he was wrong. Women don't necessarily make kinder, gentler leaders – Margaret Thatcher, anyone? – and as for negotiations, clearly they'd happen. But not the way you think. **There'd be far fewer meetings**, for a start; no more meetings called just for the thrill of forcing people to come and behold your importance, and definitely no breakfast ones (why would anyone do that, when they could be having breakfast with someone they actually liked?). The few remaining meetings would obviously go on forever because everyone would have to have their say, but could end in a nanosecond if everyone suddenly realised it was 6pm and there were better things to be doing.



**Talking of which**, the House of Commons would run on office hours, rather than trying to make life-and-death decisions at 3am. Promotion wouldn't depend on hanging around schmoozing in bars after work, or attending pointless corporate dinners, and City brokers certainly wouldn't close deals in strip clubs – although there would be a lot more informal networking in the ladies' loos. (Come to think of it, there would be more ladies' loos, as enough would finally be built to reduce the endless queues.) **Since getting to the top** still requires an alpha mindset, those who made it wouldn't be shrinking violets. Theresa May can reduce juniors to jelly with a look; Hillary Clinton doesn't exactly pepper emails with kisses.

**But in the images released of Barack Obama's** team watching the moment special forces soldiers killed bin Laden on film, Clinton was the one with her hand covering her mouth; the only one who didn't look as if she was watching some video game. If women ran the world, there would still be wars, but perhaps the powerful might be more attuned to the human consequences of their actions – and just a little bit keener to talk first, every day of the year. ©



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# BIPOLAR DISORDER & ME

HEY, IT'S OK...  
TO TALK ABOUT  
DEPRESSION

When she's down, she doesn't leave her room for days. When she's up, she doesn't sleep or eat or stop.

**Kate Leaver** has lived with bipolar disorder for a decade, and this is what she wants you to know about it

**A**t 17 I was diagnosed with bipolar disorder. My psychiatrist at the time had almost definitely never spoken to a teenage girl before me. Let's just say he didn't exactly overwhelm me with advice on how to live with the condition. But I'm 27 now, so I've had a full decade to work that out myself.

In those years, every time I've come out as bipolar to someone new, they've said one of three things: "Whoa, I never would've guessed. You're so calm!", "OK, cool. Doesn't Stephen Fry have

that?", or, "Thank you for telling me. What, exactly, does that mean?"

One in 100 people will present with bipolar disorder. So, in their names, and because understanding leads to compassion, let me tell you about how bipolar disorder has affected my life.

#### IT'S LIKE BEING AN EMOTIONAL YO-YO.

Bipolar disorder makes me alternate between depression and elation. Sometimes, I'm down. So down, I can barely move my limbs, get out of bed or smile at someone I love. Sometimes, I'm up. So up, I lose touch with reality, can't stop talking and behave like I'm invincible. Sometimes, I'm both (it's called a 'mixed state'), and that feels truly crazy.

#### SADNESS PHYSICALLY HURTS.

My muscles ache, my head feels like it's splitting open, my heart hurts, my lungs shrink, my throat closes, my limbs get so heavy I can barely lift them. Depression can do that to my body.

#### WHEN I'M MANIC, MY IDEAS ARE THE BEST IDEAS ANYONE HAS EVER HAD IN THE HISTORY OF IDEAS.

When they're having a manic episode, some people buy cars, gamble their life savings, have sex with strangers, jump off high surfaces or party for days without stopping. I don't do any of those things. When I'm manic, I talk so fast it sounds like I'm speaking a foreign language, do spontaneous monologues for ►





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◀ strangers in small South Korean bars and convince myself that trucks doing roadworks in Melbourne are coming for me. Each to their own.  
**NAPS ARE COMPULSORY.**

I nap a lot. I nap when I'm tired. I nap when I'm sad. I nap because I need a break from my own thoughts. I nap because I've used energy I didn't have pretending to be fine. I nap because the world is too much. I nap because the world is not enough. I nap to protect myself from thinking too much about mortality. I nap to calm myself down. I nap. A lot.

**FAMOUS PEOPLE HAVE HAD BIPOLAR DISORDER, AND I'M NOT GOING TO LIE, THAT REALLY HELPS.**

Yes, Stephen Fry has it. So do Demi Lovato, Carrie Fisher and Catherine Zeta Jones. So did Robin Williams, Edgar Allan Poe and Virginia Woolf. There are some

spoken guy who prescribed 'long walks and tea', and a former prison warden, before I found my current wonderful psychiatrist.

**CLAIRE DANES IS PRETTY GREAT AT PLAYING A BIPOLAR CARRIE MATHISON IN HOMELAND.**

Her crying face is bang-on, for a start. She does desperate sadness well, but some of her 'manic' behaviour is so accurate: the way she obsessively chases an idea, stays up all night pinning clues to her living room wall, survives on little to no sleep for a while and then collapses, behaves recklessly with her own life, and gets angry with her family for trying to tame her. All that is classic mania. We don't get a lot of carefully

"After a while it felt like I was just running past my doctor's surgery with my mouth wide open while he threw in different drugs"

brilliant, beautiful, talented people on that list, and it's honestly really comforting to be in that company with something that otherwise devastates me.

**MEDICATION IS GOOD. REAL GOOD.**

It took me years – and some pretty rough side-effects, like seizures, tremors, rashes, irregular heartbeats, moderate chubbiness, extreme thirst, disorientation, nausea, migraines and a revolting taste of metal on my tongue – to find the right medication. You've just got to trial one after the other until you find one that makes life liveable. No one can really predict how you'll react to any medication, so after a while it felt like I was just running past my doctor's surgery with my mouth wide open while he threw in different drugs. But since I found the right one, I live most of my life completely stable, functional and, frankly, quite delightful.

**FINDING A GOOD PSYCHIATRIST IS LIKE SPEED DATING, BUT WORSE.**

Putting someone in charge of your mental health and brain chemistry is a huge thing to do. It requires so much trust. I saw a cranky old man who hadn't Googled 'bipolar disorder' since 1965, a woman who looked like Jabba The Hutt and treated me worse, a softly

written characters with bipolar disorder, but this is probably our best pop-culture depiction.

**BRADLEY COOPER'S CHARACTER IN SILVER LININGS PLAYBOOK MADE ME ANGRY.**

That character's condition was simplistic and inflammatory. He was just angry and violent and dangerous without any of the more delicate, redeeming qualities of the illness. I love a rom-com as much as anyone, but rehearsing for a dance competition with Jennifer Lawrence doesn't cure bipolar disorder. Long-term thoughtful, careful, personalised mental healthcare does.

**I'VE NEVER TAKEN RECREATIONAL DRUGS.**

Are you kidding? I might have a mental illness but I'm not mad. The chemical chaos that happens in my brain naturally is quite enough to deal with, thanks.

**I NEARLY MARRIED SOMEONE WHO DIDN'T KNOW HOW TO HOLD ME, STROKE MY HAIR AND SAY, "IT'S GOING TO BE OK, BABE."**

He didn't know how to help me when I was up or down, and he didn't try to learn. It was really hard. I thought I might have to deal with this alone for the rest of my life, until I met someone else who supported me so effortlessly it made me feel safe. ►



## IF YOU LOVE ME, HOLD MY HAND, SING ME ONE DIRECTION SONGS AND FEED ME STRAWBERRIES.

The last time I broke down, a darling friend of mine recognised the signs, took me by the hand, tucked me into bed, drew the shutters closed, let me sleep and then gently woke me with an a capella rendition of 1D's entire last album and a jumbo basket of strawberries. Boy bands and berries might not work for everyone, but I guarantee it's easier to support a depressed person than you think.

## THE FATHER OF MY CHILDREN WILL HAVE TO BE VERY PATIENT.

Bipolar disorder is hereditary, so I'm already terrified I'll pass on this illness to my future kids. My medication can cause some pretty hectic birth defects in children, so I'll have to go off all of it under medical supervision before I get pregnant.

## REMIND ME NEVER TO RUN OUT OF MEDICATION.

Rule number one of being on antidepressants: Do Not Stop Taking Your Medication Suddenly Oh God Please Don't. It's awful. The withdrawal symptoms for me are brutal and all-consuming: sobbing, shaking, panic, fear, migraines that feel like tiny electric shocks on my temples.

## THE COMEDY PANEL SHOW *WOULD I LIE TO YOU?* HAS SAVED MY LIFE SEVERAL TIMES.

When I'm depressed, sometimes the only thing I can do is keep myself alive by doing nothing. I can't get dressed, leave the house, talk to people or focus on a book, so I put the television on and watch the moving pictures while I wait for the despair to lift. *Would I Lie To You?* is the most effective distraction I've found yet. Depression can't take away my sense of humour, but it tries. Watching that show reminds me who I am, and what it could be to laugh.

## IF SOMEONE OFFERED TO MAKE MY BIPOLAR DISORDER DISAPPEAR, I'D TURN THEM DOWN.

It doesn't define me, but bipolar disorder is part of who I am. Seeing the extremes of human emotion against my will has given me empathy and patience. It's not something I am ashamed of and it's not something I'd change. **G**

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For support and advice, visit [mind.org.uk](http://mind.org.uk). For more from GLAMOUR's Hey, It's OK campaign for depression, see [glourmagazine.co.uk/depression](http://glourmagazine.co.uk/depression)

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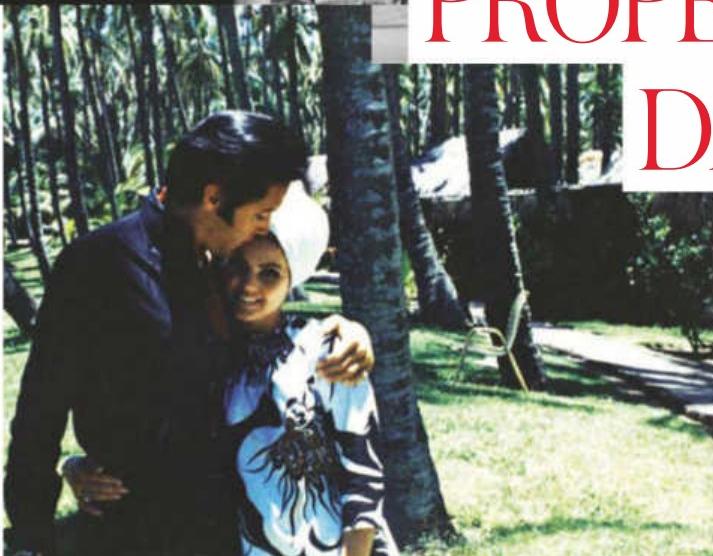
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# WE DEMAND PROPER DATES!



From drive-in  
to drive-thru  
– whatever  
happened to  
'real' dates? asks  
**Marisa Bate**



Clockwise from bottom left  
**Priscilla and Elvis Presley;**  
**Jane Birkin and Serge Gainsbourg;**  
**Brigitte Bardot and Sacha Distel;**  
**Iman and David Bowie;**  
**Bianca and Mick Jagger;**  
**Ursula Andress and James Dean;**  
**Kate Moss and Johnny Depp;**  
**Gwyneth Paltrow and Brad Pitt;**  
**Victoria and David Beckham**



**A**larm bells should start to ring when your date suggests a bar that sounds like it could be an aquarium; names such as Oceania, Aqua, or Deep Waters.

Or maybe an element from the periodic table; Titanium, Lithium, Uranium. I was taken to such an aquarium-sounding, sex-dungeon-looking bar just off Oxford Circus once. Along with some tourists, I made my way up in a lift to a roof terrace. It may have been July, but it was starting

## 71% OF GLAMOUR READERS DON'T GO ON 'REAL' DATES VERY OFTEN

to rain. My date arrived and I felt no guilt as I let him pay £14 for a gin and tonic.

But the aquarium-cum-sex dungeon-cum-lost-tourists-shelter *still* beats Nando's, that chicken establishment best reserved for being hungover or in a hurry. I have nothing against the restaurant chain personally – even Ed Sheeran proudly boasts a Nando's Black card – but the fact it has recently been voted the No1 place for a date in the UK

(followed by Costa Coffee) raises some far more serious alarm bells. When did a date become much like a fast-food joint or coffee shop found on every high street: quick, easy and entirely unmemorable?

When I was about 15, I thought dating was something women in New York did, like getting their hair blow-dried at their desks. I believed dating would be a catalogue of short, fabulous, sexy stories with handsome strangers drinking cocktails in dark bars. Or maybe long strolls in grey cashmere, bashfully catching sidelong glances as we kicked through leaves.

Today, my dating reality is awkward chats about escalating house prices and mistaking a good job title for love at first sight. Any bloke with a basic grasp of spelling and a taste for navy is considered. So low are my expectations, I once agreed to meet a man purely on the condition that he'd bring his dog. Non-dog dates consist of bottles of cheap Pinot Grigio and crisp dinners in bars of suits, and I'm always home in time for at least one episode of *The Good Wife*.

My theory of why my past year of dating has been more *Hollyoaks* than *The Hills* is down to the way we date now. A sea of faces on an app reduces potential suitors to ►

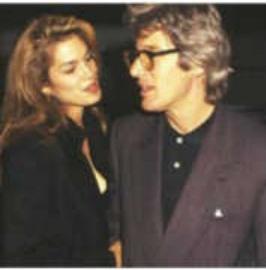


◀ a single swipe. We're all just a list of people who could be anyone, and mean nothing. We're all so replaceable. So why bother to impress when you know there's another date around the corner, right? I think of my mum's generation, meeting at parties, being introduced by friends, waiting for a phone call on a landline, having an *actual* conversation... people seemed to make the most of the opportunities they did have.

**B**ecause, let's be honest, is this really what the visionaries of the sexual revolution and women's lib movement had in mind? Those outrageously cool cats of the '60s and '70s, who started taking the Pill, got high on acid and hit the streets to march, protest and change the world? Did they, *could* they, ever imagine that their war on convention and tradition would result in women picking pictures of men on a digital conveyor belt, just like choosing wallpaper? And while they might celebrate our culture of multi-dating, would they be perturbed that we're actually settling for less?

### Settling for Nando's?

That said, I refuse to believe that good dating is dead. In my experience, the dates that have gone well are when we've *both* invested a little time. Last summer, on a night out, I met Tom



**89% OF GLAMOUR READERS THINK THEY'D MAKE BETTER CHOICES IF THEIR DATES WERE MORE TRADITIONAL**

From top Cindy Crawford and Richard Gere; Audrey Hepburn and Mel Ferrer



– a friend of a friend. After a fun night dancing, Tom asked me over for dinner at his houseboat. The very next evening, happy to show I was keen, I decided to be brave and cycled to his narrowboat on the Thames. As he slow-cooked lamb, we sat on the roof drinking wine and watching the sunset as the lights glowed from Hammersmith Bridge.

## 54% OF GLAMOUR READERS HAVEN'T BEEN ON A 'REAL' DATE IN THE PAST 12 MONTHS

All the hallmarks of a good date were there: thoughtfulness, excitement, kindness and being somewhere unfamiliar. I'd made a leap of faith, and he'd made a lot of effort. We decided not to keep dating, but that's not the point.

My date with Tom was helped by a pretty view of the river, but it was made by the thought and consideration of someone trying to impress me. And that's the key. There's no great mystery – you just have to believe the person in front of you wants to be there. And if they do, they'll find a way of showing you. The art of dating isn't lost, but maybe we are. There's no truer adage than you only get out what you put in: great dates start with an A+ for effort. Don't settle for anything less.

### FIRST DATE FAILS

#### DATING VIRGINS LOOK AWAY NOW...

♥ "I'd been totally catfished. In his pictures, he seemed quite tall, handsome, lots of curly dark hair. When I arrived, he was nothing of the sort. I felt so cheated. When I questioned him, he said he didn't have any up-to-date pictures." **Caroline, 30**

♥ "We were buying rounds, and it was my turn. I bought another glass of wine and a pint and then nipped to the loo. When I came back, he'd legged it – and drunk BOTH drinks!" **Hannah, 29**

♥ "We went to a bar just across from his office and he basically read me his CV for an hour. He even showed me a document of praise he'd recently got at work. I've never been so bored." **Emma, 27**

♥ "You think Nando's is bad? He suggested a Wimpy. I'm not even joking." **Latoya, 26**

♥ "It was classic. He'd 'forgotten' his card, so I bought all the drinks. Surprise, surprise, I never heard from him again." **Lynsey, 35**

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# BOYS WILL BE BOYS *feminists*

Props to the men already down  
with the feminist programme.  
As for the others?  
Olivia Lee has some ideas to give them  
a not-so-subtle nudge ►



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**S**o I once dated a guy who used to break wind *all* the time. He'd even record the ones with impressive vibrato on his phone, and send them to his mates. One night I decided to join in the hilarity and let one rip – thinking Mr Bum Trumpet would find it utterly hilarious, right? Wrong. He reacted as if I'd just murdered his cat (aptly named Hurricane). I was mortified. On the surface it was only a small fart, but on a deeper level his reaction meant so much more. I thought ours was a modern courtship: we'd split the restaurant bill, shared the cooking and both had our own independent lives, yet when it came to being a real human being with working bodily functions, it was obvious that it was one rule for him and another for me. As I tried to explain this, he said, "I don't want my bird farting," so, yes, we parted ways. While there was no hope for him (and there are plenty of guys out there who *would* high-five my fart skills), some men are feminists, they just don't know it... yet.

So here's how to show them.

## BE BAD AT SEX

### WHEN IT COMES TO SETTING A SEXY MOOD, WE LIGHT OUR OVERPRICED CANDLES

and gyrate away sexily to our favourite Taylor track (nope? OK, just me then) while he lies there grinning like a clown on crack. And that's fine – who doesn't like putting on a show in the bedroom now and again? Problem is, if this becomes routine, you're not having "feminist sex". Yep, I just made that term up, but my point is, if you're doing all the work in the bedroom, that hardly seems fair. Instead, let him take the lead. I don't mean killing spontaneity or personal tastes (you may love taking control), but resist the urge to always "perform", and let him do some work. A guy who is as interested in your needs as his will get busy on you without you having to spell it out. Of course, if you're both lying there counting the damp patches on the ceiling, you could always just yell, "Vagina, face, now!" But really, there's no excuse for laziness in the bedroom.

## COUNT THE QUESTIONS

**I WAS ON A DATE WITH A GUY WHO, ON PAPER, SEEMED GREAT:** symmetrical face, own hair and teeth, two legs, and a job. The Châteauneuf-du-Pape was flowing but the conversation wasn't. I'd ask a question and bat the ball his way, only to have him drop it – just like playing tennis with a child. I counted that I'd asked him 11 questions and he'd asked me a whopping great zero. It doesn't matter if you hate your job or have never been around the world on a solar-powered catamaran – your life deserves as much attention as his. So, what do you do? *Stop asking questions.* Yep, let those uncomfortable silences hang like heavy ripe testicles. If he continues to blabber on about himself, you could try saying: "Fancy finding something out about me?" That should pique his interest. Failing that, you could casually say, "Something really interesting happened today..." then wait for him to probe. If all you did was potter about in your flannel PJs and make a triumphant pea soup, tell him. It's about engaging his interest in your life so that it equals the attention you give his. Eventually, he *should* step up to the conversation plate. If none of this works, then he's probably not for you and he'd be better matched with a blow-up doll. ►



## COOK BUT DON'T CLEAN

**YOU COOKED DINNER WITH SO MUCH PRECISION THAT,** along with the pan-African-Swedish-Israeli herbs, the sweat gushing from your brow became an added secret ingredient. If your man likes equality, and has good manners, he'll insist on doing the washing up. What to do if he's not *that* guy, and just sits there wallowing in his carbohydrate coma? Give him the benefit of the doubt: he might not be useless, just clueless. Try the direct approach and say, "I cooked dinner, you can wash up, yes?" This extends to all household chores, so if you find yourself constantly tidying up after him, stop and ask him to help. Alternatively, make your point by suggesting splitting the cost of a cleaner. It might seem petty, but the bigger picture is about reinforcing equality in every area to show that when it comes to modern feminist courtship, the division of labour is kept equal. Which means if he cooks for you, you clean up afterwards, too.

**IF YOU WANT A GUY TO REFLECT YOUR FEMINIST VALUES, YET EXPECT HIM TO PICK UP THE BILL,** you might not be helping him reach his feminist potential. Sure, it's great to feel spoilt, or perhaps circumstances mean you're in-between jobs or just plain skint, but if he insists on treating you like a princess, maybe don't always accept. Instead, balance the dynamic out and spend some money and attention on him. Take him to Pizza Hut for a stuffed crust meal deal or make him the best cheesy jacket potato he's ever had. It's not about how much we spend, it's the thought that counts. Keep in check who picks up the cheque. A feminist guy will encourage reciprocity and won't always want to pick up the tab. The wrong man will likely guilt trip you about all the cash he's spent. So, when he says, "Be nice to me – I took you up The Shard last week," you can reply with, "Yeah, but what about that jacket potato I made you, huh?"

## HONEY, WHO'S LOOKING AFTER THE KIDS?

**HE SUPPORTS YOUR CAREER, LOVES THE FACT THAT YOU'RE INDEPENDENT,** and one day declares, "Let's make babies!" Having a family taps into the most primal urge men have. So, while he may respect your independence, if you want to maintain your career post-kids, do check his views on childcare first. If he says, "I don't want my kid having a nanny," he might assume that you'll take main responsibility for the childcare. And you might choose to. But if you do plan to go back to work, be totally honest – and see how he reacts. If he's open to discussing fair and equal childcare while supporting your career, then he's clearly a keeper. If not, that's a whole other discussion... ☺

Olivia Lee is a comedian, actress and TV presenter

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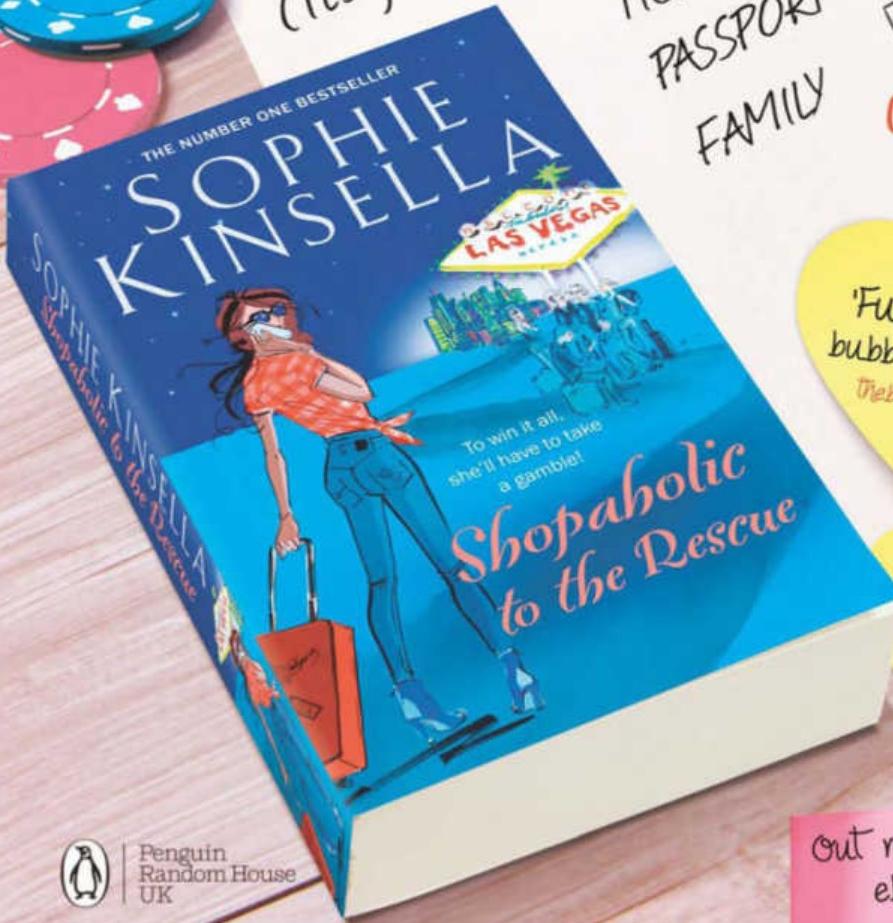
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Just a few of our guests at last year's Awards (clockwise from top left): Tess Daly, Claudia Winkleman, Jennifer Saunders and Amy Schumer, Suki Waterhouse and Rosie Huntington-Whiteley, **Kate Hudson**, **Fearne Cotton**, **Kerry Washington**

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**Y**es, it's our favourite time of year again, when you get to tell us whose music has got you up on the dancefloor, who's had you in hysterics, and who's made you sacrifice your Saturday nights out for an evening in front of the box. It's been a year since we hung out with **Kerry Washington** and **Suki Waterhouse**, howled with laughter at **Amy Schumer's** kick-ass acceptance speech, and swooned over **Calvin Harris**. Our 13th annual awards will be held in London on June 7, and we've teamed up again with high-street fashion giant Next to make it the most glamorous Awards yet. And you could be there! For your chance to win two tickets, simply pick your favourite choice in each category (or nominate someone you think we've missed) and head over to **GLAMOUR.com** to vote. Get voting now – and we might catch you at the party!

## UK TV Actress

- Alexandra Roach, *No Offence*
- Charlotte Riley, *Jonathan Strange & Mr Norrell*
- Claire Foy, *Wolf Hall*
- Emilia Clarke, *Game Of Thrones*
- Gemma Chan, *Humans*
- Holliday Grainger, *Lady Chatterley's Lover*
- Jenna Coleman, *Doctor Who*
- Laura Carmichael, *Downton Abbey*
- Lena Headey, *Game Of Thrones*
- Lily James, *Downton Abbey/War And Peace*
- Maisie Williams, *Game Of Thrones/Doctor Who*
- Michelle Dockery, *Downton Abbey*
- Natalie Dormer, *Game Of Thrones/The Scandalous Lady W*
- Ruth Wilson, *The Affair*
- Sheridan Smith, *The C Word/Black Work*
- Sophie Turner, *Game Of Thrones*
- Suranne Jones, *Doctor Foster*
- Other.....

## International TV Actress

- Chloë Sevigny, *American Horror Story*
- Claire Danes, *Homeland*
- Emma Roberts, *Scream Queens*
- Eva Green, *Penny Dreadful*
- Gaby Hoffman, *Transparent*
- Gillian Anderson, *The X-Files*
- Kerry Washington, *Scandal*
- Kirsten Dunst, *Fargo*
- Krysten Ritter, *Jessica Jones*
- Linda Cardellini, *Bloodline*
- Liv Tyler, *The Leftovers*
- Lizzy Caplan, *Masters Of Sex*
- Rachel McAdams, *True Detective*
- Rhea Seehorn, *Better Call Saul*
- Robin Wright, *House Of Cards*
- Ruby Rose, *Orange Is The New Black*
- Sofia Helin, *The Bridge*
- Taraji P Henson, *Empire*
- Tatiana Maslany, *Orphan Black*
- Taylor Schilling, *Orange Is The New Black* ►

# 5X DRIER THAN A REGULAR LINER\*



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TENA



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\* vs. market leading Normal feminine liners within the UK market



From left Little Mix, Jameela Jamil and Ellie Goulding, Paloma Faith and Maisie Williams, Emma and Matt Willis, Kaley Cuoco

Viola Davis,  
*How To Get Away With Murder*  
Other.....

### Comedy Actress

Amy Poehler, *Sisters*  
 Amy Schumer, *Trainwreck*  
 Isy Suttie, *Peep Show*  
 Jessica Knappett, *Drifters*  
 Julia Louis-Dreyfus, *Veep*  
 Julie Bowen, *Modern Family*  
 Kaley Cuoco, *The Big Bang Theory*  
 Melissa McCarthy, *Spy*  
 Mindy Kaling, *The Mindy Project*  
 Rose Byrne, *Spy*  
 Sharon Horgan, *Catastrophe*  
 Sofía Vergara, *Modern Family*  
 Tina Fey, *Sisters*  
 Uzo Aduba, *Orange Is The New Black*  
 Zawe Ashton, *Fresh Meat*  
 Zooey Deschanel, *New Girl*  
Other.....

### Radio Personality

Adele Roberts, *BBC Radio 1*  
 Alice Levine, *BBC Radio 1*  
 Annie Mac, *BBC Radio 1*  
 B Traits, *BBC Radio 1*  
 Charlie Hedges, *Kiss FM*  
 Clara Amfo, *BBC Radio 1*

Clare Balding, *BBC Radio 2*  
 Claudia Winkleman, *BBC Radio 2*  
 Edith Bowman, *BBC Radio 1*  
 Emma Bunton, *Heart*  
 Gemma Cairney, *BBC Radio 1*  
 Jo Whiley, *BBC Radio 2*  
 Lauren Laverne, *BBC Radio 6 Music*  
 Yasmin Evans, *BBC Radio 1Xtra*  
Other.....

### International Musician/Solo Artist

Ariana Grande  
 Azealia Banks  
 Beyoncé  
 Carly Rae Jepsen  
 Demi Lovato  
 Iggy Azalea  
 Jennifer Lopez  
 Katy Perry  
 Lana Del Rey  
 Lorde  
 Meghan Trainor  
 Rihanna  
 Selena Gomez  
 Sia  
 Taylor Swift  
 Tori Kelly  
Other.....

### Band

Fifth Harmony

Florence + The Machine  
 HAIM  
 Jagaara  
 Little Mix  
 Neon Jungle  
 Say Lou Lou  
 The Saturdays  
Other.....

### Sportswoman

Charley Hull, golfer  
 Ellie Downie, gymnast  
 Geva Mentor, netball player  
 Heather Watson, tennis player  
 Helen Glover, rower  
 Jessica Ennis-Hill, heptathlete  
 Katherine Brunt, cricketer  
 Katy Mclean, rugby player  
 Lizzie Armitstead, cyclist  
 Nicola Adams, boxer  
 Non Stanford, triathlete  
 Rachel Atherton, mountain biker  
 Dame Sarah Storey, para-cyclist  
 Shara Proctor, long jumper  
 Siobhan-Marie O'Connor, swimmer  
 Steph Houghton, footballer  
Other.....

### TV Personality

Alesha Dixon, *Britain's Got Talent*  
 Alex Jones, *The One Show*

Amanda Holden, *Britain's Got Talent*  
 Caroline Flack, *The X Factor*  
 Cheryl Fernandez-Versini, *The X Factor*  
 Clare Balding, *BBC Sport*  
 Claudia Winkleman and Tess Daly, *Strictly Come Dancing*  
 Darcey Bussell, *Strictly Come Dancing*  
 Davina McCall, *Long Lost Family*  
 Emma Willis, *The Voice UK*  
 Holly Willoughby, *This Morning*  
 Laura Whitmore, *I'm A Celebrity... Get Me Out Of Here Now!*  
 Mary Berry, *The Great British Bake Off*  
 Mel Giedroyc and Sue Perkins, *The Great British Bake Off*  
 Nigella Lawson, *Simply Nigella*  
 Paloma Faith, *The Voice UK*  
 Rita Ora, *The X Factor*  
 Rochelle Humes, *The Xtra Factor*  
 Susanna Reid, *Good Morning Britain*  
 Zoe Ball, *It Takes Two*  
Other.....

### Theatre Actress

Anne-Marie Duff, *Husbands & Sons*  
 Beverley Knight, *Cats* ►

# WOMEN OF THE YEAR

- Dame Judi Dench, *The Winter's Tale*
- Dawn French, *30 Million Minutes*
- Ellie Bamber, *High Society*
- Gemma Arterton, *Nell Gwynn*
- Gugu Mbatha-Raw, *Nell Gwynn*
- Imelda Staunton, *Gypsy*
- Lara Pulver, *Gypsy*
- Nicole Kidman, *Photograph 51*
- Pixie Lott, *Breakfast At Tiffany's*
- Preeya Kalidas, *Bend It Like Beckham*
- Sheridan Smith, *Funny Girl*
- Other.....

## Film-maker

- Amy Schumer, writer, *Trainwreck*
- Angelina Jolie Pitt, writer and director, *By The Sea*
- Annie Mumolo, co-writer, *Joy*
- Elizabeth Banks, director, *Pitch Perfect 2*
- Emma Donoghue, writer, *Room*
- Finola Dwyer, producer, *Brooklyn*
- Gillian Robespierre, writer and director, *Obvious Child*
- Greta Gerwig, co-writer, *Mistress America*
- Jocelyn Moorhouse, co-screenwriter and director, *The Dressmaker*
- Lucinda Coxon, screenwriter, *The Danish Girl*
- Nancy Meyers, writer and director, *The Intern*
- Nira Park, producer, *Man Up*
- Paula Pell, writer, *Sisters*
- Phyllis Nagy, screenwriter, *Carol*
- Sarah Gavron, director, *Suffragette*
- Sofia Coppola, director, *A Very Murray Christmas*
- Other.....

## Designer

- Clare Waight Keller, *Chloé*
- Diane von Furstenberg
- Donatella Versace

- Isabel Marant
- Jenna Lyons, *J Crew*
- Kym Ellery, *Ellery*
- Mary-Kate and Ashley Olsen, *The Row*
- Mary Katrantzou
- Miuccia Prada
- Phoebe Philo, *Céline*
- Roksanda Ilincic
- Sarah Burton, *Alexander McQueen*
- Simone Rocha
- Stella McCartney
- Thea Bregazzi, *Preen*
- Victoria Beckham
- Other.....

## Accessories Designer

- Anya Hindmarch
- Charlotte Dellal, *Charlotte Olympia*
- Delfina Delettrez
- Lulu Guinness
- Mansur Gavriel
- Maryam Nassir Zadeh
- Phoebe Philo, *Céline*
- Sandra Choi, *Jimmy Choo*
- Sophia Webster
- Sophie Hulme
- Stella McCartney
- Victoria Beckham
- Other.....

## Writer

- Carrie Brownstein, *Hunger Makes Me A Modern Girl*
- Cecelia Ahern, *The Marble Collector*
- Clare Mackintosh, *I Let You Go*
- Curtis Sittenfeld, *Eligible*
- Drew Barrymore, *Wildflower*
- Elena Ferrante, the Neapolitan novels
- Elizabeth Day, *Paradise City*
- Elizabeth Gilbert, *Big Magic*
- Hanya Yanagihara, *A Little Life*
- Harper Lee, *Go Set A Watchman*
- Isy Suttie, *The Actual One*
- Jessica Knoll, *Luckiest Girl Alive*
- Judy Blume, *In The Unlikely Event*
- Kate Atkinson, *A God In Ruins*
- Kate Hudson, *Pretty Happy*
- Margaret Atwood, *The Heart Goes Last*

- Mindy Kaling, *Why Not Me?*
- Patti Smith, *M Train*
- Polly Vernon, *Hot Feminist*
- Shonda Rhimes, *Year Of Yes*
- Sue Perkins, *Spectacles*
- Other.....

## Columnist

- Bridget Christie, *The Guardian Weekend Magazine*
- Bryony Gordon, *The Telegraph & Stella Magazine*
- Caitlin Moran, *The Times & The Times Magazine*
- Camilla Long, *The Sunday Times & Style Magazine*
- Emma Freud, *The Telegraph*
- Eva Wiseman, *The Observer Magazine*
- Grace Dent, *The Independent*
- Hadley Freeman, *The Guardian*
- Jane Moore, *The Sun*
- Katie Glass, *The Sunday Times Magazine*
- Laurie Penny, *New Statesman*
- Rachel Johnson, *The Mail On Sunday*
- Susie Boniface, *Mirror Online* as Fleet Street Fox
- Suzanne Moore, *The Guardian*
- Viv Groskop, *The Observer*
- Zoe Williams, *The Guardian*
- Other.....

## YouTuber

- Ella Woodward, *Deliciously Ella*
- Estée Lalonde, *Essie Button*
- Louise Pentland, *Sprinkle Of Glitter*
- Michelle Phan
- Niomi Smart
- Samantha Chapman & Nicola Haste, *Pixiwoo*
- Tanya Burr
- Victoria Magrath, *In The Frow*
- Zoe Sugg, *Zoella*
- Other.....

## NEXT Breakthrough

- Bel Powley, *The Diary Of A Teenage Girl*
- Bella Hadid
- Frances, *BBC Sound Of 2016 nominee*

- Holliday Grainger, *Lady Chatterley's Lover*
- Izzy Bizu, *BBC Sound Of 2016 nominee*
- Jess Glynne, *I Cry When I Laugh*
- Krysten Ritter, *Jessica Jones*
- Léa Seydoux, *Spectre*
- Lola Kirke, *Mistress America*
- Mya Taylor, *Tangerine*
- Rebecca Ferguson, *Mission: Impossible – Rogue Nation*
- Ruby Rose, *Orange Is The New Black*
- Serayah McNeill, *Empire*
- Zoë Kravitz, *Mad Max: Fury Road*
- Other.....



- Adele
- Ella Eyre
- Ellie Goulding
- FKA twigs
- Fleur East
- Foxes
- Gabrielle Aplin
- Jess Glynne
- Lianne La Havas
- Paloma Faith
- Rita Ora
- Other.....

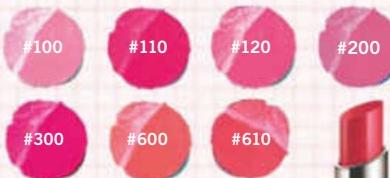
## Special Awards

These will be decided by a GLAMOUR panel, but tell us who you'd like to win:

- Film Actress .....
- Entrepreneur .....
- Outstanding Contribution .....
- Inspiration .....
- Man of the Year .....
- Woman of the Year .....

# LIPSTICK DIARIES

New season, new look! Brighten up for spring with these lip tips from Pixiwoo's Nic and Sam Chapman



MONIQUE LHUILLIER

**SPRING IS HERE!** "This is the best time of year," say Nic and Sam. "The long, grey winter is over and we start to see some colour again." This is translated on the catwalk too, with florals, brights and pastels all taking centre stage for S/S16. Make sure your lips are on trend with a slick of **The Only 1 Lipstick** – a range of beautiful, vibrant brights in a moisturising balmy texture.

## HOW TO GET THE LOOK

First, choose a lipliner that matches your lipstick as closely as possible – this will give a seamless, contoured finish. Line your lips (for a fuller pout, draw slightly outside your natural lip line) and then fill them in with the pencil too – this will help to anchor your colour and make it last longer. Apply your lipstick, blot with a tissue, then add a second coat. Perfect lips, done!



The sisters' favourite shades? **Call Me Crazy Lipstick #620** and **Lip Liner #104** work with Sam's fair skin and dark hair, while Nic complements her golden-toned hair with **Naughty Nude Lipstick #700** and **Eastend Snob Lip Liner #063**.



## FIND YOUR PERFECT SHADE

When choosing lipstick and liner, opt for shades that reflect your natural skintone. For a subtle look, go for a shade a couple of tones darker than your lip colour; for a statement look, use a vibrant colour that will pop. Here are Sam and Nic's picks:



Exaggerate Auto Lip Liner in Pink A Punch  
(RRP £3.99)



## #ALIPSTICKREVOLUTION

Discover exclusive videos on how to create this season's hottest lip looks from Sam and Nic on GLAMOUR.com. Join **#ALIPSTICKREVOLUTION** with Rimmel London. Discover more at [rimmellondon.com](http://rimmellondon.com)

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RIMMEL LONDON



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\*T&C - Available on all Irons except the Micro Iron. GHD is a registered trademark of Jemella Group Limited.

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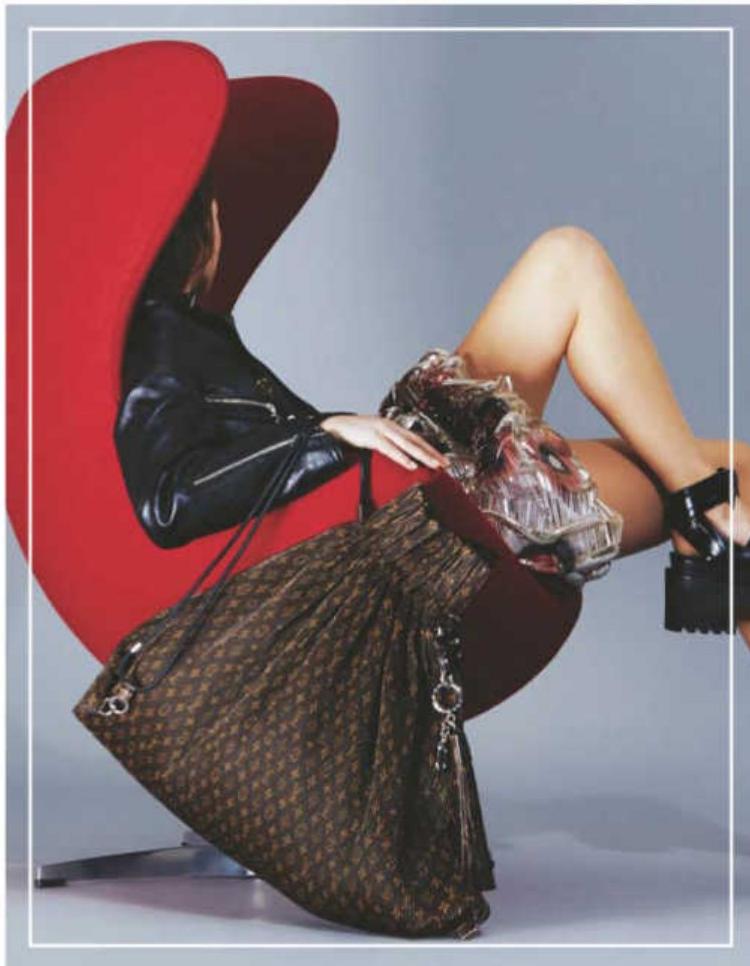
[www.cloudninehair.com/news-tips/join-the-exchange](http://www.cloudninehair.com/news-tips/join-the-exchange)



SPRING. STYLED.

# fastglamour

*Fashion*



## HOLD IT

THE EPITOME OF SPORT-LUXE AND BIG ENOUGH  
TO CARRY ALL OUR STUFF? WINNER

Leather bag £1,200, leather sandals £670  
and all clothing Louis Vuitton

**THE TOP**  
Frayed edges are still going strong. Just keep the rest of your look simple.



**STRAIGHT LEG**  
The ultimate classic jean style. Turn them up to show off your shoes (and a bit of skin).



**Culottes £150**  
comptoirdes  
cotonniers.co.uk



**THE HANDBAG**  
A super-luxe Chanel classic in denim? Yes, please.



Jeans  
£105  
replay  
jeans.  
com

**SKINNY LEG**

Denim trends may come and go, but we say the skinny is here to stay. It's all about the crop – just above the ankle is about right.

# THE GLAMOUR DENIM 101

THIS SEASON SAW THE CATWALKS EMBRACING DENIM. AND LOTS OF IT. THAT FORMER WORKWEAR FABRIC? OFFICIALLY HAVING A (MAJOR) MOMENT. FROM THE HOTTEST NEW BRANDS AND ELEVATED RUNWAY LOOKS, TO STREET-STYLE TRENDS, ACCESSORIES AND THE KEY PIECES, HERE'S OUR DEFINITIVE GUIDE. BY LUCY WALKER

**FLARED**  
Arguably the most flattering of all jean shapes, wear with heels to add inches.

Flares £385  
Paige Denim at selfridges.com



**THE SHOES**  
Make a statement – go for denim boots and wear with a mini. ►





## FIVE MINUTES WITH DONNA IDA

The hugely successful entrepreneur and self-styled (with reason) 'Queen of Denim' shares her tips...

**L: Lucy: You've squeezed me into a few pairs of jeans over the past few years. What are your top tips for finding the perfect fit?**

Donna: 1. Don't panic. Set aside at least 30 minutes for trying on. 2. If you're after flares, bring along the heel height or wedge you want to wear them with. 3. If they are easy to get on, go down a size.

**L: What are the key S/S16 denim trends, and is there anything we should be looking out for to update?**

D: Fashion denim is the main trend: dresses, boiler suits, jumpsuits, culottes and pinafores are all going to be huge. We have just launched Sadie the Boiler Suit by IDA, which has been a roaring success, and Ramona the Pinafore Culotte lands next. People love denim and want something new, so look out for fun shapes. Culottes, for

instance, are a big trend, and look great in denim. Classic '80s and '90s blue denim is also ruling.

**L: What's the most flattering style of jean for most women?**

D: A high-waisted skinny or cigarette leg – the more leg, the better. I love that look.

**L: Do you have any tips on the new brands we should be getting excited about?**

D: With my own brand, IDA, we are pushing the boat out with fashion denim. I also love Amo, which we have coming in late spring. R13 is also amazing, and Current/Elliott keep doing great fashion pieces that I live in – they use the driest, most comfortable denim.

**L: Why do you always make me go for a size down? They're so tight I can hardly breathe...**

D: Denim stretches! They need to be tight, Lucy. That's the rule.



## ON THE RUNWAY

Frays, ruffles and prints were out in force at the S/S16 shows

# 6 NEW LABELS TO LOVE NOW

Our round-up of the hottest new names in denim

## FAUSTINE STEINMETZ ▶

Though not strictly a denim brand per se, this Parisian-born, London-based designer takes 'normal' clothing, like denim jeans and jackets, and twists and subverts these into avant-garde, couture-like pieces. She's also a British Fashion Council NEWGEN recipient.  
[faustinesteinmetz.com](http://faustinesteinmetz.com)



# 1

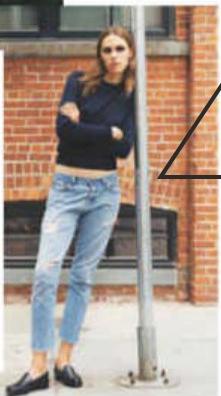


# 3

◀ **SIMON MILLER**  
Though this duo make great jeans, they also put their inimitable spin on other pieces that feel timeless and very chic – think a louche denim coat and a structured denim mini. [simonmillerusa.com](http://simonmillerusa.com)

## RE/DONE ▶

Love the authenticity and wash of old Levi's but can't get the right fit? Jamie Mazur and Sean Barron's LA-based label takes original Levi's and reconstructs them into modern styles. [shopredone.com](http://shopredone.com)



# 4

## SANDRINE ROSE ▶

Debuting this spring, designer Sandrine Abessara's denim is embellished, embroidered and hand-stitched, with her arty roots manifesting in geometric shapes throughout the collection. Exclusive to [harveynichols.com](http://harveynichols.com) ▶

# 2

## AMO ▶

Designers Kelly Urban and Misty Zollars place a refreshingly simple focus on the perfect jean – well-cut, comfortable, and denim that gets better with age. Look out for the Jane: perfectly cropped and in a mid-blue wash. [amodenim.com](http://amodenim.com)

# 5



# 3X1

Having started out as a concept store in SoHo, New York (think retail space meets factory), Scott Morrison's brand is now sold worldwide. But if you are in NYC, check it out: you can watch your jeans being cut and sewn before your very eyes. [3x1.us](http://3x1.us)

# 6





Shirt £60  
g-star.com



Shorts £65  
thewhite  
company.com

Denim and acetate  
sunglasses £178 Ray-Ban  
at sunglasshut.com



Dungarees  
£275  
mh-jeans.  
com



Skirt £108  
Finders  
Keepers  
at harvey  
nichols.com



Bag  
£1,850  
rogervivier.  
com



Kimono jacket £35  
dorothyperkins.com



Hat £4  
Primark



Top £45  
asos.com



Dress £210  
7forallmankind.  
co.uk



Slippers £128  
allsaints.com



The Tassmania wedge by Stuart Weitzman  
[www.russellandbromley.co.uk](http://www.russellandbromley.co.uk)

Russell & Bromley  
LONDON

THE NEW BREED S/S 16 #MODERNVAGABOND



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SHOEMAKERS

LONDON BERLIN STOCKHOLM PARIS COPENHAGEN MOSCOW MILAN



# SLIP IT ON

NO LONGER A '90s THROWBACK, THE SLIP DRESS IS BACK. HERE'S HOW TO WEAR IT NOW

## Easy does it



Cotton slip dress £375  
ateaoceanie.com

Cotton and nylon coat £59.99  
hm.com

Leather bag £245  
uggaustralia.co.uk

Canvas and leather shoes £60  
nike.com

## Dress it up



White-gold and diamond earrings £395  
astleyclarke.com

Cotton dress £36  
calvinklein.com

Leather jacket £975  
joseph-fashion.com

Leather sandals £480  
Manolo Blahnik

Leather clutch £580  
3.1 Phillip Lim

## Grunge it out



Cotton cardigan £99.50 banana republic.co.uk

Silk slip dress £52  
intimissimi.com

Silver chain £75  
linksoflondon.com

Leather sandals £125  
dunelondon.com

# GO LARGE

...WITH SPRING'S STATEMENT EARRINGS.  
THE BIGGER AND BOLDER, THE BETTER



Metal £12.50  
Limited Edition at  
[marksandspencer.com](http://marksandspencer.com)



18k yellow-gold  
£870 Maison Margiela  
Fine Jewellery



Metal £6  
[wallis.co.uk](http://wallis.co.uk)



Silver and vermeil  
metal £430  
[charlottechesnais.com](http://charlottechesnais.com)



Gold and metal  
£65 Kate Spade  
New York



Metal £300  
[marni.com](http://marni.com)



Silver-plated  
£170 Jennifer  
Fisher at  
[liberty.co.uk](http://liberty.co.uk)

18k gold  
vermeil £385  
[susancaplan.co.uk](http://susancaplan.co.uk)



Metallic £69  
[swarovski.com](http://swarovski.com)



Brass and zinc £9  
[warehouse.co.uk](http://warehouse.co.uk)

Metal £25  
[finerylondon.com](http://finerylondon.com)

# BIMBA Y LOLA



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BIMBAYLOLA.COM



RIVER ISLAND

#IMWEARINGRI   

# GET IN LINE

FRESH TAKES ON THE CLASSIC LOOK THAT NEVER GOES OUT OF STYLE



**1858 IN THE NAVY** The French Navy introduces a blue and white shirt as the uniform for all seamen in Brittany.



**1917 CHANEL TAKES NOTE** Inspired by French sailors, Coco incorporates the Breton design into her collection.



**1940 ONWARDS – STAR APPEAL** The striped top is seen on everyone from Pablo Picasso to Audrey Hepburn and Kurt Cobain.



**1990S – MASTER OF STRIPES** Jean Paul Gaultier takes on the trend and makes it his trademark.



**2011 – MOVING ON FROM THE MARINIÈRE** Miuccia Prada reimagines the stripe and shows us it doesn't need to be so refined.

G-Star Elwood. The Original 3D Denim.

**G-STAR RAW**

[g-star.com](http://g-star.com)

# Natalie Hartley wears... DENIM

We all love our jeans, so here's how to update them for summer



Frayed hems are still around, but look for strapless shapes and cropped flares for a new jeans shape that looks great with flats.

**Denim top £210 and denim jeans £250 both Marques'Almeida at selfridges.com; denim slides £247 Tibi; plastic earring £176 (for the pair) Véronique Leroy; denim bag £260 MICHAEL Michael Kors**

Put it in reverse. This isn't for everyone, but the simple twist is fun. Just add a heel and wear with a shirt for a laidback look.

**Cotton shirt £29.99 mango.com; denim jeans £100 levi.com; leather and terrycloth shoes £250 Maslin & Co**

All-in-ones are classics, but tie the sleeves around your waist for a new way to wear them.

**Cashmere top £220 Autumn Cashmere at trilogystores.co.uk; denim jumpsuit £240 APC; leather shoes £451 J JS Lee at Dover Street Market**



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# Freya

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Zentangle. Range up to an H cup. Get it now at [Leialingerie.com](http://Leialingerie.com), [Bravissimo](http://Bravissimo.com), Debenhams, Fenwick, [Figleaves.com](http://Figleaves.com), House of Fraser, John Lewis and all good independent stores.

Freya Lingerie is part of the **Wacoal** group.

**FREYALINGERIE.COM**

## SMART MOVE

From meetings to Mojitos, call off the search: your go-to blazer for any occasion = right here. £28 F&F (clothingattesco.com)



## IT'S A FASHION DREAM...

...come true, that is, for Lowri Edwards, winner of Warehouse's talent search in association with the British Fashion Council. The fashion student has won a placement, and also created a collection for the store, launching this month. Our top pick? This pretty pinafore cami. £89, Lowri Edwards for warehouse.co.uk



# GLAMOUR LOVES

Our guide to this month's must-haves



## EASY ON THE EYE

Taupes. Browns. Dreamy neutrals to suit every skintone – yep, Clinique's Pretty Easy Eye Palette is our new obsession. £35 clinique.co.uk

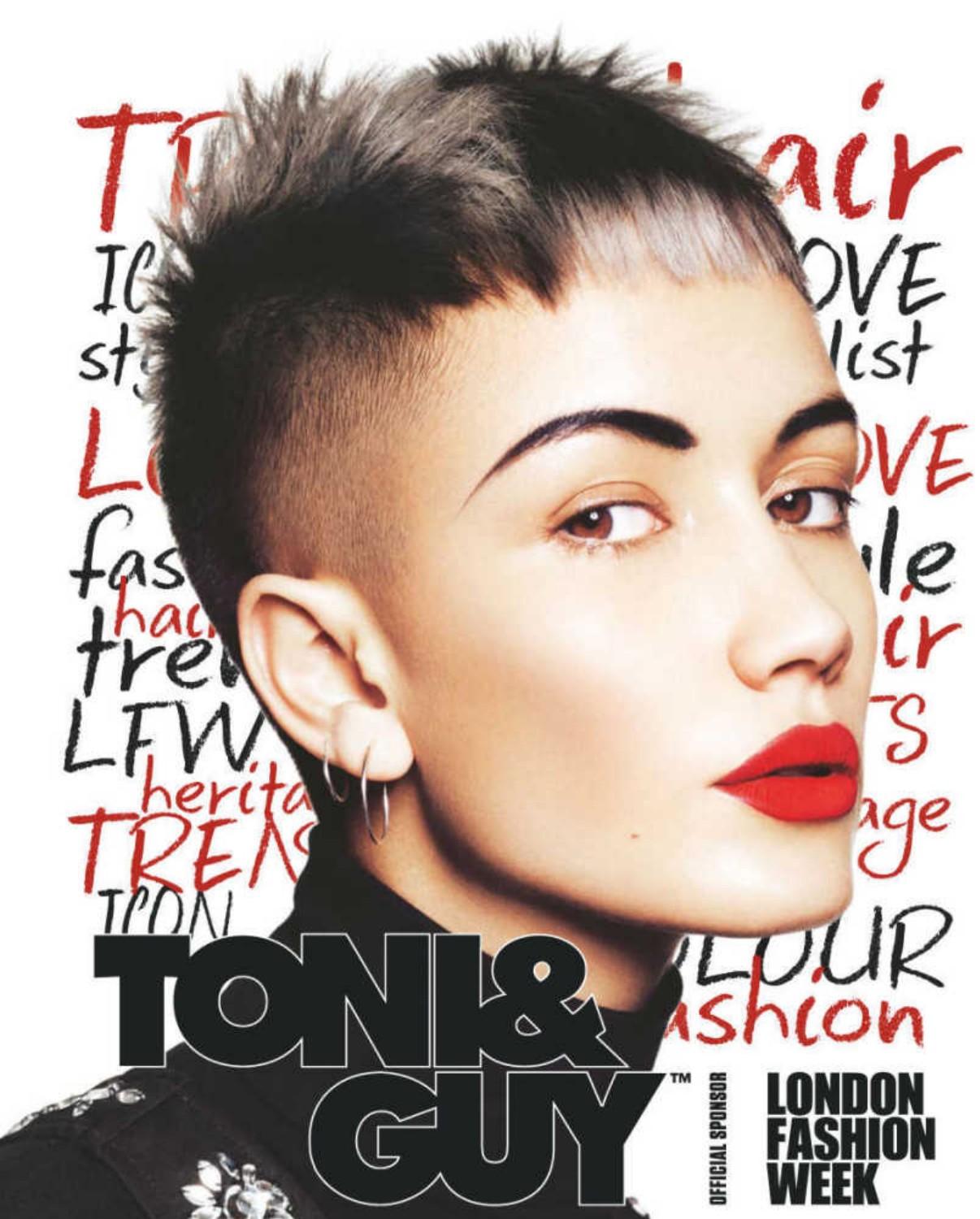
By Claudia Mahoney

## TICK!

Tailor your time (literally) with Nixon's customisation bars at their Neal Street and Newburgh boutiques.

Choose your face, strap, dials and engraving for a truly bespoke piece. From £109 in this stunning Time Teller style. nixon.com ►





FOR YOUR NEAREST SALON VISIT [WWW.TONIANDGUY.COM](http://WWW.TONIANDGUY.COM)  
OR CALL 0800 731 2396  
F : /toniandguyUK T : @toniandguyUK I : /toniandguyuk

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LONDON  
FASHION  
WEEK

## STEP IT UP

Shoe addicts, rejoice: Aldo Rise and Misha Nonoo are collaborating again for spring, promising all the season's 'It' styles – including these cool denim mules, £100. See you in line. [aldoshoes.com](http://aldoshoes.com)

## CHEERS!

Ginger & wasabi, raspberry & lime, pink lemonade... we're thirsty just thinking about Rocks' delicious booze-free cocktails. From £1.99 per 250ml, at selected pubs, restaurants, farm shops and delis.



## HOLD ME

Just. So. Stylish. It'd be rude not to, right? £1,350, exclusive to the BOSS flagship store, Regent Street, London. [hugoboss.com](http://hugoboss.com)



## SLIP INTO SOMETHING...

...gorgeous. Slip dresses are everything right now, and we're loving this take on the '90s throwback. Dress £145, sandals £170 [bimbaylola.com](http://bimbaylola.com) ▶



Rosaviola candle  
£44 Diptyque  
[at liberty.co.uk](http://liberty.co.uk)



## SLICK KICKS

Superga and MaxMara Weekend are the style collab to beat (and all kinds of awesome if these bad boys are anything to go by.) £125, exclusive to the Weekend MaxMara store, Westbourne Grove, London. [weekendmaxmara.com](http://weekendmaxmara.com)



## WANT. THIS. DRESS.

Embrace the slip dress trend with this French Connection number. Layer with a chunky cardigan and boots for that '90s vibe. £160 [frenchconnection.com](http://frenchconnection.com)

## DARE TO BARE

Underwear as outerwear? Hell, if it looks this good, you'd be a fool not to. £18 [ultimo.co.uk](http://ultimo.co.uk)



## HERO MASCARA ALERT

Volumising AND sculpting? \*Adds to basket\*. L'Oréal Paris False Lash Sculpt Mascara. £9.99 [boots.com](http://boots.com) & [superdrug.com](http://superdrug.com) G

{ Follow Executive Fashion & Beauty Directors Claudia Mahoney and Julia Yule on Instagram: @claudiamahoney @julia\_yule }



## DRINK ME

Fusing Provence's three most famous rosé grapes, Belaire Rosé brings the perfect combination of aroma, taste, body and finish. Us? We're bringing the party. £22.95 [31dover.com](http://31dover.com)



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MAKEUP DESIGNER/PARIS

READY, SELFIE, GO

# fast glamour

*Beauty*



WATCH



this



FACE



Say hello to **Taylor Hill**: supermodel, 'It' girl and totally our new beauty muse

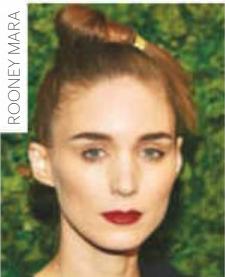
# The month in dark lips

WHO SAYS DEEP HUES ARE JUST FOR WINTER?  
HERE'S HOW TO ROCK THEM THE SPRING WAY.

BY DOMINIQUE TEMPLE



1 Bordeaux reds are super flattering, whatever your skintone



2 Let your pout do the talking and keep your eye make-up minimal



3 Pair bold lips with graphic liner, like the Anna Sui girls



5 We love Poppy's take on gothic glamour



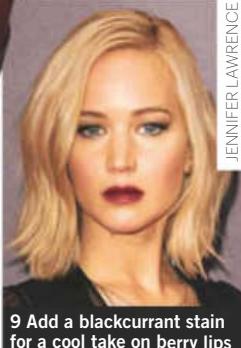
6 Color Riche in Preliminaires £6.99  
L'Oréal Paris



7 Love Lily's lips? Ask for a boysenberry shade at the make-up counter



8 Lip Chic in Damask £30  
Chantecaille



9 Add a blackcurrant stain for a cool take on berry lips



10 La Petite Robe Noire Lipstick in Black Perfecto  
£21.50 Guerlain



11 Autumnal oxblood shades were a do at Burberry





### New. Pep-Start™ Eye Cream

Hydrates. Brightens. Smooths the way for makeup.  
Apply whenever.

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9 am. 9 pm.  
Ready for anything.



## LONG TO BOB

Although Gigi's big transformation was an illusion, use it as inspiration for your new 'do. "This bob is less about structure and more about undone ends, which is much more of the moment," says Ollie Blackaby, artistic ambassador at Headmasters. But what about those between-washes days when you're usually reliant on a top knot? "Try a messy half up, half down," says Ollie.



**Must-have:**  
Style Setter  
Dry Shampoo  
£5.99  
Charles  
Worthington



GIGI HADID



LORDE

**Must-have:** Essence Absolue Nourishing Protective Oil £39.50 [shuemura.co.uk](http://shuemura.co.uk)



## LONG TO MID-LENGTH

When you've had long hair for so long, a cut can seem scary. But going to a mid-length can really freshen up your look. "Lorde's hair is one length – ask for it to be cut with a razor, so the ends don't feel too blunt. Invisible layers need to be added to get movement," says Luke Hersheson, creative director at Hershesons. And you can still style it up: "Try 'The Pun' – half ponytail, half bun that sits lower on the neck."

# 4 new cuts we love

FROM SUBTLE SWITCH-UP TO REVAMP, TAKE INSPIRATION FROM THESE A-LIST 'DOS

## BOLD BANGS

So, Kendall's fringe is another faux cut – but one to lust over. "A fringe is a great way to update your look without the commitment of a short haircut," says Jonathan Soons, artistic ambassador at Headmasters. "They work best on medium-to-thick hair, but if your hair is thinner, try a choppier, Freja Erichsen-style fringe that frames the face."



**Must-have:** Elvive  
Fibrology Double Elixir  
£6.99 L'Oréal Paris



KENDALL JENNER



JENNA DEWAN-TATUM



**Must-have:**  
Glamour 3D  
Volumiser  
£7.49  
Toni & Guy

## LOB TO SHORT-SHORT

Jenna upped the ante on her asymmetrical lob by taking off another few inches with celebrity hairstylist Jen Atkin. But is that an end to all your up-dos? "No, try a half halo braid," says Marc Trinder, art team director at Charles Worthington. "French plait the hair on the left, away from the temple, adding in extra strands as you plait. Secure with a small elastic band at the end of the plait behind the ear, and tong a messy wave through the back."



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Moisture...  
to get hair  
looking healthy.

moisture + vitamin  
**B<sub>5</sub>**  
SHAMPOO

Drench and nourish every strand with this rich formula with **Vitamin B<sub>5</sub>**. It helps to speed moisture to stressed locks, and helps maintain strength and elasticity to get your hair back to looking healthy.



Frankie

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IMEDEEN skincare tablets can work for you  
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let's feel good

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Isamaya puts  
the 'art' into  
make-up artist

## ISAMAYA FFRENCH

Isamaya was studying product design at Central Saint Martins

when she began face painting at parties. It turned out to be her dream job: she tells stories with make-up like nobody else. She's since made museum-worthy canvases for photographers such as Tim Walker, David Sims and Nick Knight. Now UK Make-up Ambassador at YSL Beauté, she smashed YSL's record for Instagram likes with her Rouge Pur Couture video. Her top tip? "Use YSL's **Touche Éclat** [£25] instead of lipliner – it'll plump up your lips."

# Meet the game changers

8 BEAUTY PROS WHO ARE  
TRANSFORMING OUR REGIMES



### ANGELO SEMINARA

Angelo has long been known for his boundary-busting hair styling for the fashion world, and now he's teamed up with Davines to create Your Hair Assistant, a new styling system of seven products that work in synergy with one another. Highlights include the **Definition Mist** finishing spray (£20.30) and **Volume Creator**, a texturising powder that you apply with a special brush (£45.10). And he's all about speeding up your routine. "To create volume, start blow-drying at the roots, not the ends, so you can pull moisture outwards, away from the hair. It'll halve your blow-dry time." [davines.com](http://davines.com)



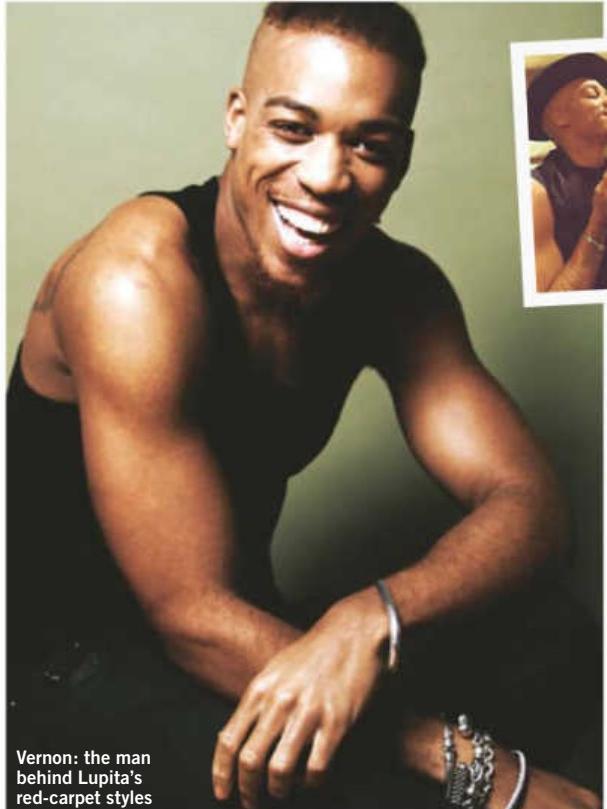
### SONIA DEASY

Sonia is the woman behind the cult skincare product of last year, **Pestle & Mortar Pure Hyaluronic Serum** (£33), followed by **Hydrate Lightweight Moisturiser** (£38) in January. They were designed to be the ultimate pre-shoot skin tonic, with immediate visible hydration. "I use a foundation brush to apply moisturiser. That way there's still a bit on the brush when I apply foundation, giving a softer finish." This month sees her third launch: **Superstar Night Oil** (£49) corrects skin damage and combats signs of ageing. [pestleandmortarcosmetics.com/uk](http://pestleandmortarcosmetics.com/uk)



### STEPHANIE G-M

While making up Alexa, Cara and Suki, Stephanie's been quietly concocting the incredible **Ouli's Ointment**, an all-purpose balm inspired by her grandmother's natural remedies. "I use it as a make-up base on models in Fashion Week to soothe pressured skin," she explains. "But you can also use it to smooth fine lines, soothe cuts and burns and soften cuticles. I use it to exfoliate, too – I work it over lips with a disposable mascara wand and around the nose with a cotton bud, always in circular motions." From £13 for 15ml, [oulis-ointment.com](http://oulis-ointment.com) ▶



Vernon: the man behind Lupita's red-carpet styles



## VERNON FRANCOIS

After decades of straightened and weaved hair, Vernon is bringing natural curls back to the red carpet – just check out clients Lupita Nyong'o and Lianne La Havas. "Lupita and I share the same vision when it comes to the possibilities of natural hair," he tells GLAMOUR. "It's remarkably versatile." If you're making the switch to natural hair, Vernon has the ultimate checklist: "Use a silk scarf to protect your curls overnight and at the gym. Keep one in your bag, with a pocket-sized water spritzer to apply before using heat, and a deep brown eye pencil you can use to darken the hairline. Never use black, as it's too flat."

## NICOLE McEVOY

This make-up artist is going to change the way you apply your make-up – her Barely Cosmetics collection of latex-free sponges don't soak up excess product like most, and they have both hard and soft edges so you can apply base, eyeliner and lipliner. It's the secret to perfect concealer, too: "Apply a little concealer to a sponge and then blast with the hairdryer," says Nicole. "It melts the product a little, allowing it to blend better. Then simply wash the sponge with a lathering facial cleanser, so you know your skin won't react." From £6 at boots.com



## DR RAFFAELLA GREGORIS

A qualified specialist in skincare chemistry and cosmetology, Dr Gregoris has stripped skincare back to its core ingredients and founded Bakel, a collection of powerful products free from anything that doesn't have a proven benefit. "I also swear by 'skin fasting,'" she says. "Every time you can, stay free of make-up to help the skin recover and allow the natural protective barrier to thrive." Next up: **Elastin** (£100), a serum to boost elasticity. [spacenk.com](http://spacenk.com)



**BAKEL**  
ELASTIN  
FLUIDO ELASTICIZANTE  
ELASTIZING SERUM  
FACE AND EYE AREA

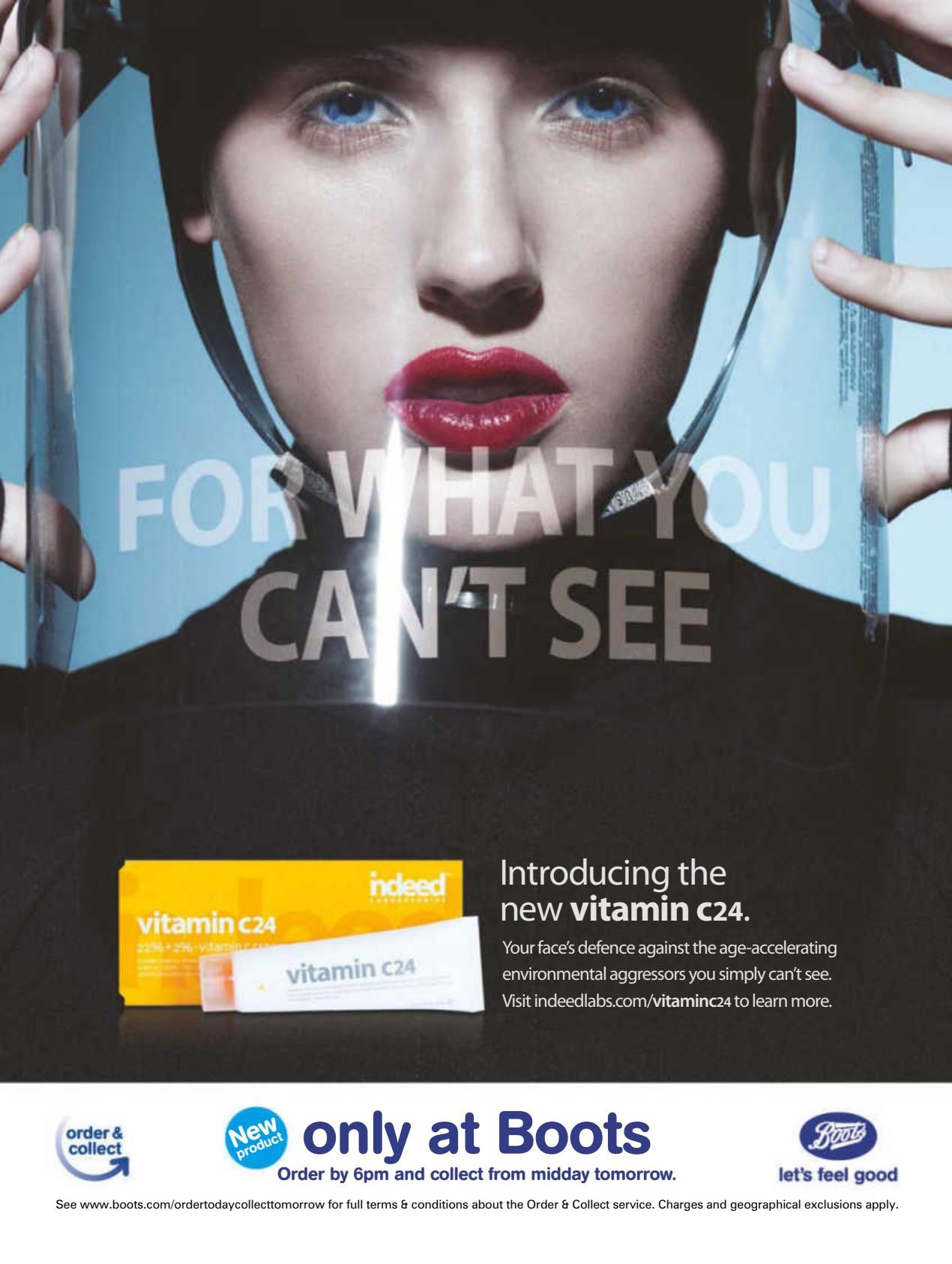


## AMANDA HENSON

Amanda is a self-confessed beauty obsessive, and has created her own skin supplement to provide skincare benefits from the inside.

**Pure Elixir 01 Smart Age Supplement** (£45 for 30) contains the high-grade actives you usually find in skincare products: hyaluronic acid, marine collagen, vitamins C and E – and tests showed a 23% reduction in wrinkles and lines in just eight weeks. [pureskinelixir.com](http://pureskinelixir.com)





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[www.cetaben.co.uk](http://www.cetaben.co.uk)

**As close to your skin as you are.**



<sup>1</sup>Cetaben Cream patient preference study, Sept 2013

Always read the label

# BOOST YOUR CLEANSE



2



3



5



4



- 1 Amazing Face  
Vit C Intense  
Daily Serum £49  
[emmahardie.com](http://emmahardie.com)  
2 Clean Your Skin  
Cleansing Oil £45  
[votary.co.uk](http://votary.co.uk)  
3 Nourishing  
Omega-Rich  
Cleansing Oil  
£29.50 [elemis.com](http://elemis.com)  
4 Custom Infusion  
Drops F + Neroli  
- Hydration  
£40 Cover FX  
5 Overnight  
Exfoliating Booster  
£58 [sarahchapman.net](http://sarahchapman.net)  
6 Mega-Mushroom  
Skin Relief Micellar  
Cleanser £27.50  
Dr Andrew Weil  
[for origins.co.uk](http://origins.co.uk)

TAKE SKIN FROM  
CLEAN TO "HAVE  
YOU HAD A FACIAL?"  
WITH THESE GENIUS  
SWITCH-UPS, SAYS  
GRACE TIMOTHY

O K, so you've got your dream cleanser to suit your skin type, and you've got your routine down pat. But with just a couple of tweaks, your skin can really sparkle. ▶



Normaderm 3-In-1  
Cleanser £12 Vichy

## NORMADERM

3 IN 1  
Exfoliant + Nettoyant  
+ Masque  
Scrub + Cleanser  
+ Mask  
125 ml

## 3 GAME- CHANGING CLEANSERS

- Normaderm 3-In-1 Cleanser £12 Vichy
- Take The Day Off Cleansing Balm £22 clinique.co.uk
- Light Time Cleanse & Glow £30 thisworks.com

### USE A CLOTH

- 1 "I use a flannel as part of my cleanse," says make-up artist Arabella Preston. "A proper cotton flannel holds its shape and the heat better than a muslin, so I find it makes for better exfoliation and a deep clean, removing all the product from my skin." **Clean Your Skin Cleansing Oil** (with cotton face cloth) £45 [votary.co.uk](http://votary.co.uk)
- 2 "Always remove your cleanser in cross-hatched, downward strokes with your cloth, making sure you support the skin with the other hand," says facialist Emma Hardie. "This helps stimulate the drainage of toxins and fluids at the lower layers of your skin, reducing puffiness."
- 3 "For a deep cleanse, leave your cleanser on as a mask while you bathe, or press a hot cloth over the cleanser on your face to 'steam in,'" says facialist Sarah Chapman. "Make sure you wash your cloths regularly, though, as they can provide a nice breeding ground for bacteria – especially if you are prone to breakouts."

### BE MORE THOROUGH

"There is a patch under the chin that often gets missed and can therefore be blackhead prone," says Sarah. "Also pay careful attention to the sides of the nose, as well as behind the ears, to avoid blackheads and dead-cell build-up."



Light Time Cleanse  
& Glow £30  
[thisworks.com](http://thisworks.com)

### PERSONALISE YOUR CLEANSER

- "Customise your regular cleansers to accommodate the subtle changes in your skin," says Sarah.
- 1 "If you are getting a little blocked, add an exfoliating booster to your cleanser to help decongest." **Overnight Exfoliating Booster** £58 [sarahchapman.net](http://sarahchapman.net)
  - 2 "For extra brightening, add a vitamin C serum." **Amazing Face Vit C Intense Daily Serum** £49 [emmahardie.com](http://emmahardie.com)
  - 3 "For dry skin, add an oil, or else switch to an oil or balm cleanser." **Custom Infusion Drops F + Neroli – Hydration** £40 [Cover FX](http://Cover FX).



Take The Day Off  
Cleansing Balm  
£22 [clinique.co.uk](http://clinique.co.uk)

### DOUBLE YOUR EFFORTS

"One of the main things that people tend to forget is to remove make-up before cleansing," says Dr Tom Mammone, executive director of skin physiology and pharmacology for Clinique Research & Development Worldwide. "Not removing make-up before cleansing would be like showering with your clothes on," adds Tom. "Either pre-cleanse with an oil, or sweep clean with a micellar water before cleansing," advises Sarah. **Mega-Mushroom Skin Relief Micellar Cleanser** Dr Andrew Weil for [origins.co.uk](http://origins.co.uk); **Nourishing Omega-Rich Cleansing Oil** £29.50 [elemis.com](http://elemis.com) ©



Official haircare partner of:

BRITAIN'S NEXT  
**top model**

Good models have  
the look...



MODELS  
USE THEIR  
**HEAD**  
**& SHOULDERS**

# DESIGNER NOTES

GET RUNWAY STYLE IN A BOTTLE WITH THESE MAJOR NEW BLENDS



## THE SHOW VALENTINO

While we dream of donning Valentino, it's a little beyond our budget. So we'll be wearing this gorgeous fragrance instead.

**Scent notes** Valentino Poudre  
**Limited Edition £61 for 50ml EDP**

Valentino has the warmth of terracotta powder blended with iris and tuberose.



## THE SHOW MARC JACOBS

The designer's fragrance fans are rising as quickly as his army of Twitter followers.

**Scent notes** Daisy Dream Blush Edition  
**£54 for 50ml EDT** Marc Jacobs fuses violet leaves and rose with lily of the valley.



## THE SHOW DOLCE & GABBANA

This powerhouse label knows pretty, as this gorgeous rose-adorned bottle attests.

**Scent notes** With neroli and twists of Turkish rose, **Dolce Rosa Excelsa £77 for 75ml EDP** Dolce & Gabbana will transport you back to your last sun-soaked holiday.



## THE SHOW BURBERRY

Another beauty from the Brit brand known for its hip ad campaigns, starring Rosie H-W and Sienna Miller.

**Scent notes** With peach and jasmine, **My Burberry Black £92 for 90ml EDP** burberry.com is a modern classic.



## THE SHOW CHLOE

Chloé is officially a cult fragrance favourite – and this is another hit.

**Scent notes** Love Story £59 for 50ml EDT Chloé boasts fresh and floral orange blossom, making it great for daywear.



 head &  
shoulders

Official haircare partner of:

BRITAIN'S NEXT  
**top model**

Great models also  
use their head...



**MODELS  
USE THEIR  
HEAD  
& SHOULDERS**

TM & © 2015 Pottle Productions Inc. BRITAIN'S NEXT TOP MODEL and all related marks and logos are registered trademarks of Pottle Productions Inc. All Rights Reserved.

\*Visible flakes seen at 20x with regular use



# #ASK Alex

What *really* works to tackle pores, and great new bases to boost your glow. By GLAMOUR Beauty Director Alessandra Steinherr

## Up your skin game

I get so many questions about enlarged pores and how to deal with them. This is a tough one because there isn't much you can do to permanently shrink them, since their origin is largely hormonal. However, unclogging pores and keeping them clean will make a visible difference.



**1** Add an acid peel to your regime to remove built-up skin cells, tighten and prime. **Anew Clinical Advanced Resurfacing Peel** £15 [avonshop.co.uk](http://avonshop.co.uk) is less pricey than most pads, but still works effectively, with an impressive 10% glycolic acid content. (This is good for dehydrated skin with medium pores, to bind moisture.)

**2 Skin Perfecting 2% BHA Liquid Exfoliant** £23.50 [paulaschoice.co.uk](http://paulaschoice.co.uk) is a gentle daily-use version, with salicylic acid to flush out pores, get rid of trapped oil and give that freshly washed glow. It's like a toner with a kick (perfect for oilier skin with large pores).

**3** I like the deep cleanse Foreo's Luna brush gives, but the upgrade, **Luna 2** £149 [foreo.com](http://foreo.com), is twice the size and power, taking pore-clearing and skin-smoothing to another level.

## UPGRADE YOUR BASE

Heavy foundation is so 2015, and I've never been a fan of that look. I like to see real skin, but I get that we all like a bit of help in that department...



Airbrushing on your foundation – it sounds like a job for the pros, but, actually, **Temptu Air** £160 [spacenk.co.uk](http://spacenk.co.uk) makes it so easy, and it's so worthwhile. Your foundation just looks better – like your skin, but flawless.



I can't stand to look artificial, and most highlighters are just too shiny for my liking. That's why I tend to use concealer instead. But **Dandelion Shy Beam** £19.50 [benefitcosmetics.co.uk](http://benefitcosmetics.co.uk) gives that perfect flash of light without a dot of sparkle.



Sometimes the coverage of a dewy foundation just isn't strong enough, which is why I'm so happy YSL has upped the coverage of their iconic foundation in a new version – **Touche Éclat Le Teint** £31.50 [yslbeauty.co.uk](http://yslbeauty.co.uk).



## PRO HAIR SECRET

Getting a blow-dry with Ken O'Rourke – who also styles Kristen Stewart and Amy Adams – is always so quick. Now I know why: **Volume & Bounce Express Blow Dry Primer** £6.99 [Charles Worthington](http://charlesworthington.com). Ken says he uses it before every styling session, so I've made it my starting point too, and even / manage to speed up the process.



Official haircare partner of:

BRAITAIN'S NEXT  
top model

That's why Britain's  
Next Top Models use  
their Head & Shoulders  
for up to 100% flake  
free gorgeous hair



MODELS  
USE THEIR  
**HEAD**  
**& SHOULDERS**

# BEST. BEAUTY DEAL. EVER.

£79.65 OF BEAUTY  
PRODUCTS FOR ONLY  
**£17.99?** OH YES!

Chosen by Beauty Director Alessandra Steinherr

## YOUR SPRING BEAUTY KIT, SORTED



Hooray! Spring has finally sprung and we've teamed up with Latest in Beauty to get you sunshine-ready in just seven products. This box is loaded with some of the industry's hero brands that will cater to your every beauty need. AND the good news is that you can get these amazing mood boosters (worth £79.65) for an unbeatable price of £17.99. ENJOY!

*Alessandra*

Alessandra Steinherr Beauty Director  
Instagram @alexsteinherr

### 1 MUA LUXE 10 Shade Palette (1 of 2 variations)

We love a palette that's so versatile it can create any look. With ten metallic shades to choose from, the opportunities are endless.

### 2 MoroccanOil Treatment Light

Indulge with this hero oil that treats and mends split ends while adding a layer of shine to bring dull lengths back to their usual glossy texture.

### 3 Rosie For Autograph Nuit Parfum EDP

Meet the perfume that will leave you smelling like the hottest supermodel in the world, Rosie Huntington-Whiteley! With notes of rose and jasmine, this ultra feminine scent is perfect for day and night.

### 4 bareMinerals® bareSkin® Pure Brightening Serum Foundation SPF20

Get an all-day glow from just one or two drops of this genius fluid formula. With skincare benefits, this is the new 'It' foundation

every girl should own. Tip: use a brush to buff into skin for a super-natural finish.

### 5 Illamasqua Precision Ink Eyeliner

Create the perfect feline flick with this inky black liquid liner. Apply your line in just one swipe – plus the waterproof formula means it's super-long-lasting, so there'll be no need to reapply. This full-size pro product is worth £20.50... winning!

### 6 Murad AHA/BHA Exfoliating Cleanser

This is all you need to get the skin you've always dreamed of. Its 3-in-1 formula will keep your skin hydrated, cleansed and smooth from one use. Apply two or three times a week for best results.

### 7 MALIN+GOETZ Vitamin E Face Moisturizer

Give your skin an ample dose of daily vitamins with this oil-free moisturiser – great for sensitive skin. Its lightweight formula makes it a perfect base to prep your skin with before applying make-up.

WORTH  
£79.65



**BUY NOW!** At [latestinbeauty.com/glamour](http://latestinbeauty.com/glamour)

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# NEW 500

Take the iconic Fiat 500. Now imagine it even more quintessentially 500. Cast your eyes over the carefully styled front headlights. Just one of many strikingly stylish touches that make the new Fiat 500 even more enticing. Go, twinkle toes.



TWINKLE TECHNOLOGY

ICON RELOADED



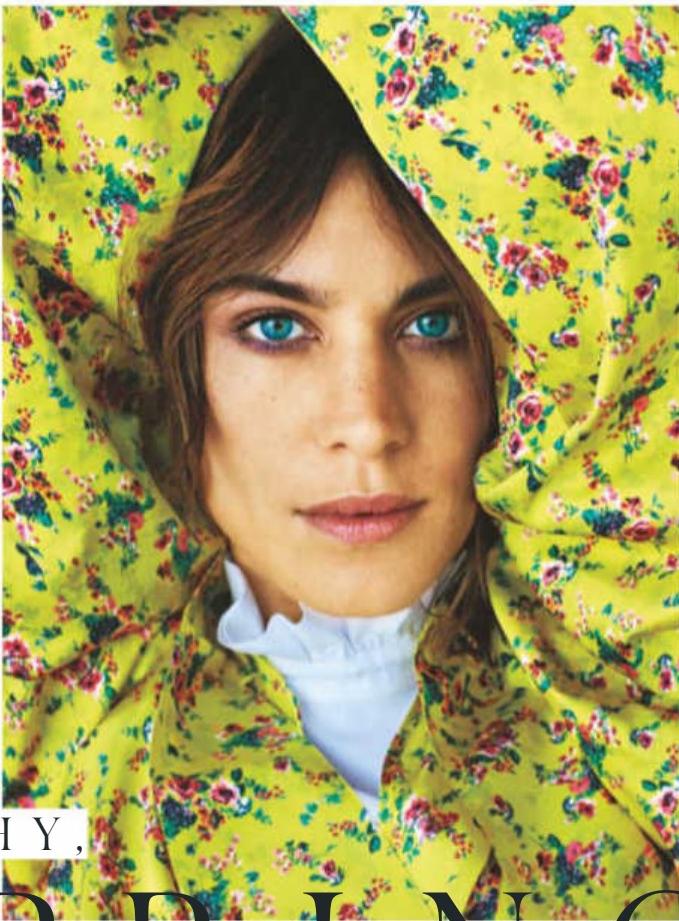
[fiat.co.uk](http://fiat.co.uk)

Fuel consumption figures for new Fiat 500 range in mpg (l/100km): Urban 51.4 (5.5) – 68.9 (4.1); Extra Urban 65.7 (4.3) – 94.2 (3.0); Combined 60.1 (4.7) – 83.1 (3.4). CO<sub>2</sub> emissions 110 – 88 g/km. Fuel consumption and CO<sub>2</sub> figures based on standard EU tests for comparative purposes and may not reflect real driving results.

# GLAMOUR

*Fashion + Beauty*

APRIL 2016



W H Y ,

# S P R I N G ...

WE'VE BEEN  
EXPECTING  
YOU! ▶

# GAME ON

This season, sportswear gets the layered treatment, with clashing colours and prints – just add socks and heels

Photographs by  
**Rory van Millingen**

Fashion Director  
**Natalie Hartley**





Previous page **Tweed**  
jacket £1,445 Prada; **silk**  
shirt £830 Prada; **cotton**  
top from a selection  
gap.co.uk; **organza dress**  
£960 Prada; **neoprene**  
and leather sandals £440  
marni.com; **leather bag**  
£2,380 Chanel; **acetate**  
**sunglasses** £325 Thierry  
Lasry; **sequin earrings**  
£245 Prada; **silk socks** from  
a selection Maria La Rosa

This page **Leather**  
**jacket** £1,265 Sportmax;  
**Polyester top** £725  
stellamccartney.com;  
**Velour corduroy swimsuit**  
(collar just seen) £250  
Lisa Marie Fernandez;  
**Cotton T-shirt** £6.50  
next.co.uk; **Acetate and**  
**metal sunglasses** £190  
Miu Miu at Sunglass  
Hut; **Resin earrings** £61  
dinosaurdesigns.com;  
**Leather gloves** £151.20  
Causse Gantier



Cotton shirt from  
a selection rokit.co.uk;  
viscose top £170 ganni.com;  
wool skirt from a selection  
beyondretro.com; acetate  
and metal sunglasses  
£190 Miu Miu at Sunglass  
Hut; resin earrings £77  
dinosauredesigns.com



This page **White organza parka** £599 Wanda Nylon; **black wool sweater** £830 Michael Kors Collection at michaelkors.com; **pink nylon shirt** from a selection rokit.co.uk; **white cotton T-shirt** from a selection gap.co.uk; **red and white crêpe de Chine skirt** £990 gucci.com; **ivory acetate earrings** £77 dinosaurdesigns.com

Opposite page **Brown vintage velour shirt** from a selection rokit.co.uk; **beige and red silk-mix top** £1,125 Chloé; **red leather skirt** £1,050 Magda Butrym; **green and white sequin earrings** £200 Prada







This page Crêpe coat £99  
cosstores.com; crêpe de  
Chine shirt £745 gucci.com;  
nylon-mix sweater £45  
cosstores.com; chiffon  
embellished dress price  
on request Prada; acetate  
and metal sunglasses  
£190 Miu Miu at Sunglass  
Hut; acetate earrings £77  
dinosaurdesigns.com;  
patent leather and wood  
belt £250 marni.com

Opposite page Black coated  
nylon parka from a selection  
Theory; black suede dress  
with metal buckles £1,195  
Sportmax; turquoise  
polyester swimsuit £280  
acnestudios.com; cream  
acetate earrings £225  
dinosaurdesigns.com

**Polyamide silk jacket**  
£1,680 Chanel; cotton  
stripe denim jacket £216  
agjeans.com; leather  
top £930 Thomas Tait;  
cotton-mix top £440  
marni.com; cotton dress  
£395 rag-bone.com;  
**metal sunglasses** £274  
Oliver Peoples; **plastic**  
**earrings** £8.50 Freedom  
at topshop.com





**Blue cotton sweater**

from a selection Polo Ralph Lauren at ralphlauren.co.uk;  
**blue and white stripe cotton T-shirt £28**  
americanapparel.co.uk;  
**white cotton T-shirt** from a selection next.co.uk;  
**blue and white silk skirt £687 J JS Lee; black and cream acetate earrings £61** from a selection dinosaurdesigns.com;  
**black and yellow leather belt £380** marni.com





Cotton bomber £200  
Hilfiger Collection; cotton  
shirt £90 Mads Nørgaard;  
wool-mix roll-neck £135  
ganni.com; cotton  
long-sleeved T-shirt £20  
intimissimi.com; satin  
skirt £490 acnestudios.com;  
resin earrings £61  
dinosaurdesigns.com;  
leather bag £2,380 Chanel





**Vintage shirt** from  
a selection rokit.co.uk;  
**cashmere jumper** £605  
Prada; **cashmere tank**  
top £140 Jean Colonna;  
**cady skirt** £169 pinko.com;  
**acetate sunglasses**  
£325 Thierry Lasry;  
**plastic earrings** £8.50  
Freedom at topshop.com



**Leather jacket** £80  
riverisland.com; **silk shirt**  
£412 J JS Lee; **nylon**  
**jumper** £28 riverisland.com;  
**viscose skirt** £1,350  
victoriabeckham.com;  
**leather heels** £205  
bimbaylola.com; **metal**  
**and acetate sunglasses**  
£190 Miu Miu at Sunglass  
Hut; **sequin earrings** £200  
Prada; **silk socks** from  
a selection Maria La Rosa

**Blue and white**  
leather jacket £1,295  
[longchamp.com](http://longchamp.com); **white**  
organza shirt £239 Wanda  
Nylon; **navy cotton crop**  
top £40 [lacoste.com](http://lacoste.com);  
black nylon skirt £29.99  
[mango.com](http://mango.com); **resin earrings**  
£61 [dinosaurdesigns.com](http://dinosaurdesigns.com);  
**resin bangle** £27  
[dinosaurdesigns.com](http://dinosaurdesigns.com)

Make-up: Thom Walker,  
using Chanel S/S 2016  
and No.5 Body Excellence  
Hair: Yumi Nakada-Dingle,  
using Aveda  
Model: Maria V at Premier  
Model Management  
Senior Fashion Assistant:  
Charlotte Lewis



Silk dress  
£695 Coach



# Lounge lover

Silks, slips and satins – it's the season  
of slumber party chic

Photographs by **Philip Gay** Fashion Editor **Karen Preston**





Satin silk top £1,465, satin silk trousers £2,625 and lace and embellished slippers  
£885 all Balenciaga; gold chain necklace £60 katespade.co.uk



**White chiffon top**  
£1,458 and **white  
chiffon trousers** £872  
both Givenchy;  
**cream embellished  
lace slippers**  
£885 Balenciaga

**Leather and lace**  
dress £2,380 Céline;  
gold bracelet  
(just seen) £159  
[thomassabo.com](http://thomassabo.com)





**Black sheer chiffon shirt £685 Lanvin; black lace bra £36 intimissimi.com;  
black silk knickers (just seen) £260 Ermanno Scervino; rose-gold bracelet £135 thomassabo.com**



**Blue cotton shirt** £115 Topshop Unique at [topshop.com](http://topshop.com);  
**black cotton shorts** £40 [banana-republic.co.uk](http://bananarepublic.co.uk); **rose-gold ring** £45 [pandora.net](http://pandora.net)

Cotton shorts £350  
Emporio Armani;  
rose-gold ring  
£45 pandora.net







**Black satin bra,  
knickers and skirt**  
prices on request all  
Dolce & Gabbana;  
**rose-gold ring**  
£45 [pandora.net](http://pandora.net)



**White dress**  
£1,550  
Victoria Beckham

Silk and cotton dress £1,995 burberry.co.uk; rose-gold bracelet £135 thomassabo.com



Make-up:  
Tiina Roivainen  
Hair: Mirka Hajdova  
at Saint Luke Artist  
Management, using  
Bumble and bumble  
Model: Saara  
Sihvonen  
at The Hive  
Fashion Assistant:  
Holly White

**G SUPERSTAR**

# G I R L M O S T L I K E L Y...

...to take over the world (and  
our wardrobes) – oh, and totally  
make us want to be in her gang?

It's got to be Alexa Chung.

**Elizabeth Day** meets the  
seriously cool – and surprisingly  
self-deprecating – queen of style ►

Photographs by **Alexei Hay** Fashion Director **Natalie Hartley**



Floral dress Vetements  
at matchesfashion.com;  
Harry dress Archive By Alexa  
at marksandspencer.com



**Jacket** and **shirt**  
both gucci.com; **Myrtle**  
**jumper** Archive By Alexa  
at marksandspencer.  
com; **tights** from  
a selection mytights.com

# A

lexa Chung is sitting across the table from me explaining why, despite all appearances to the contrary, she is not a style icon.

"It's quite a funny title for my friends to observe," she says, twiddling the stem of her wine glass. "In my circle of friends, no one would ever ask me for fashion advice. No one's ever like, 'Oh, that looks nice.' We don't talk about clothes, really. And I mainly wear jeans and a jumper. "This," she gestures at her outfit, which is an object lesson in understated chic, consisting as it does of a high-necked floral blouse, culotte jeans and black patent leather boots with exactly the right amount of heel, "is as snazzy as it gets."

But there's little doubt that outside her immediate circle of friends, Alexa is seen as an arbiter of modern taste. At the age of 32, and after a decade in the public eye as a TV presenter, author, fashion muse and DJ, she has become a regular presence both on the Front Row and in the best-dressed lists. She has designed collections for Madewell and the denim label AG, was an ambassador for Chanel, and once inspired Mulberry to name a bag after her – the 'Alexa' subsequently became one of its bestselling accessories. Her own brand of tomboyish sartorial elegance has inspired a generation of young women, who continue to follow her Instagram account in their droves (2.1 million followers at last count).

Still, her closest friends – a photogenically cool bunch that includes Pixie Geldof, Daisy Lowe and Poppy Delevingne – keep her feet firmly on the ground. "They make fun of me, fashion-wise. I'll walk in and they'll be like,

'Here she is, style icon Alexa Chung, ladies and gentlemen', and I'm in Ugg boots and a cardie with some soup down it."

Alexa loves her friends and is very much a woman's woman. During the course of our interview, she asks me almost as many questions as I ask her, and wants to know everything from my dating history to my book recommendations.

"I kind of wish I was gay – it would make it so much easier," she says. "I have, like, a million girl mates I would love to date."

She grins. Alexa has a horror of taking herself too seriously. Her attitude to life seems to mirror her attitude to clothes – unpretentious and accessible and always on the side of the woman who is wearing them.

Her latest project is no exception: in April, Alexa will launch a collaboration with that classic British institution, Marks & Spencer. She was given free rein to delve into the M&S archive in order to select key pieces that could be reinterpreted and given a modern spin.

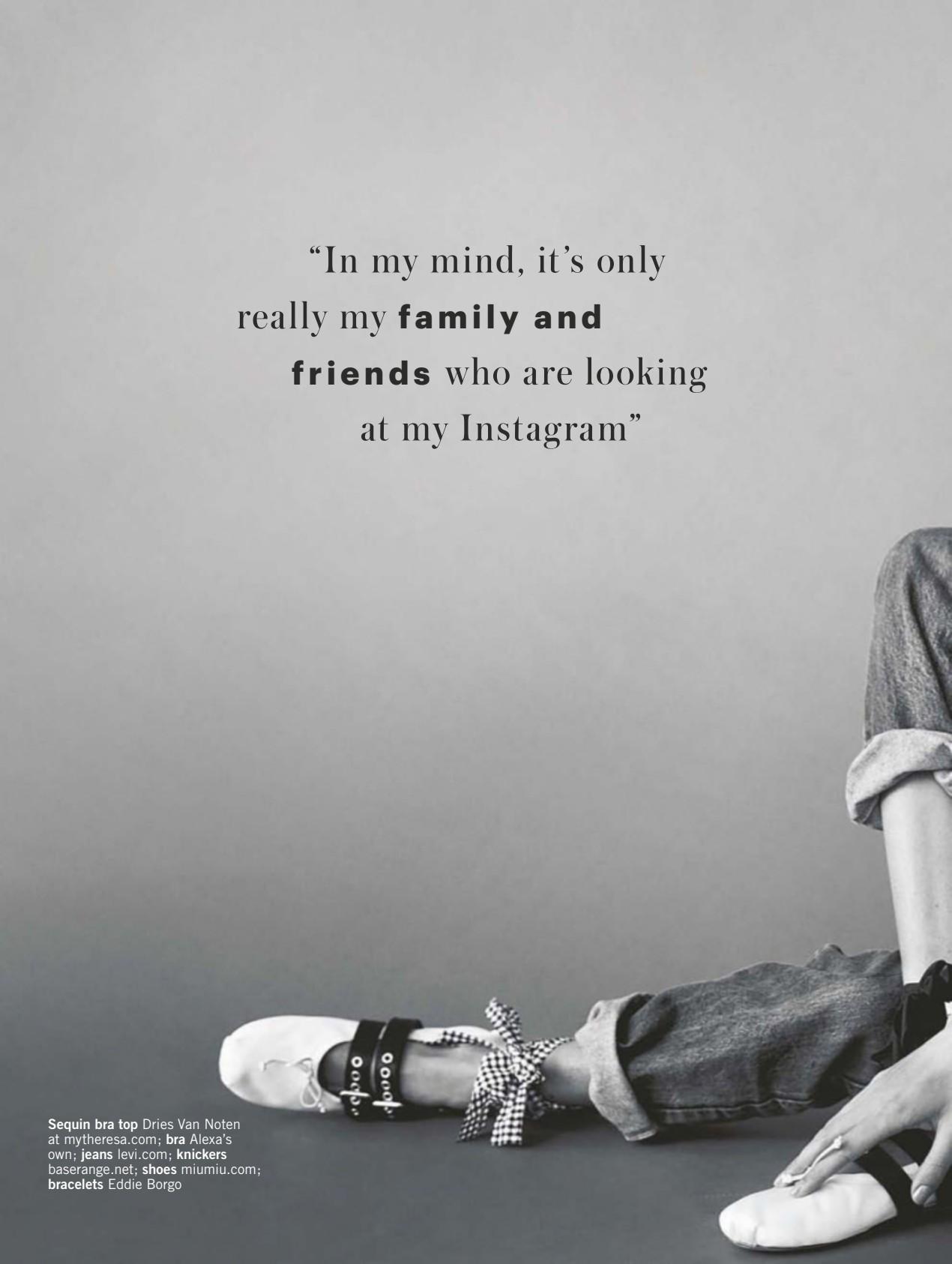
The result is Archive By Alexa, a capsule collection of ready-to-wear delights,

**"In my circle of **friends**, no one would ever ask me for fashion advice"**

including ribbed pink knits and houndstooth trousers. Each garment is named after one of the most popular baby names in 1884, the year Marks & Spencer first opened its ►

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“In my mind, it’s only  
really my **family and**  
**friends** who are looking  
at my Instagram”



Sequin bra top Dries Van Noten  
at mytheresa.com; bra Alexa's  
own; jeans levi.com; knickers  
baserange.net; shoes miu miu.com;  
bracelets Eddie Borgo



◀ doors. A grey pleated skirt, for instance, is called Effie. The pink knit is Myrtle. As part of the research, Alexa was invited to rummage around the M&S archives in Leeds. She found inspiration in the Princess Diana-style pussy-bow blouses and Hawaiian prints, and used this as a jumping-off point for the clothes to be remastered.

"It was genuinely amazing," she says when we meet in the studio after her GLAMOUR photo shoot. Her lips are bright red and her startling hazel-green eyes loom large in her elfin face. You can see her taking everything in with a magpie-like intensity: gaze darting this way and that, never missing a trick. "I welled up because

## "My [inner critic] keeps me **awake** at night"

a lot of the pieces in their exhibition have been donated," she continues. "And one dress in there was this tea dress from the '40s. And the woman said she donated it because it was the thing that she wore on her first date with her husband who passed away, and she wanted it to be preserved and remembered."

Does she buy things from Marks & Spencer? She nods forcefully. "Dad jumpers. Socks. Pants. And, you know, they have the odd thing in there, you see it in a magazine and you're like, 'Oh, my God. Sick!' But really my reintroduction to it happened when I was sent this suede, tan, high-wasted skirt with two pockets and I was like, 'That's amazing', because I thought it was Chloé."

**F**or the last four years, Alexa has been splitting her time between homes in Dalston, east London, and New York, where she has an apartment in the East Village. She's supporting Bernie Sanders in the American presidential elections, even though she can't vote there. What does she make of Donald Trump?

"It's weird because his bravado's insane and people lap it up. He's like: 'I did this, and I sold this, and I made this much money,' and everyone's like, 'Yeaah!' You want to say: 'It's not for you, he's just making his own money.'"

Trump aside, she loves the States, but they don't have M&S there, so it took her a while to figure out where to buy her tights. "No one

has a straight answer!" she protests.

"Everyone would say, 'I don't know, like Uniqlo do, like, a fleecy pair...'"

Aren't they called pantyhose over there?

"Yeah, I guess. Panties.

Infantile. Grow up, America!"

She's joking, of course. She loves her adopted city, having moved there in the wake of her break-up with the Arctic Monkeys frontman, Alex Turner. She had relocated temporarily in 2009 to front a daily live show for MTV called *It's On With Alexa Chung*, but the show was cancelled after two series, partly because slick American TV executives couldn't quite get a handle on her irreverent British humour, and partly because her refreshingly honest ability to say exactly what she wanted at any given moment was lost in translation.

After that, she says: "I just didn't know where to put myself. Well, I didn't have a home here any more as well. So I was like: 'Fresh start, where do I go?' And ►

Continued on p217

Coat and shoes  
[miumiu.com](http://miumiu.com); Daphne  
T-shirt and Lydia trousers  
both Archive By Alexa at  
[marksandspencer.com](http://marksandspencer.com);  
tights from a selection  
[mytights.com](http://mytights.com)





“I've just **never imagined** my wedding.

Top and skirt both  
Céline; tights from  
a selection mytights.com



I don't have a dream dress. I don't have a plan"



Coat, shirt, top and  
skirt all [miumiu.com](http://miumiu.com);  
leather bracelet stylist's  
own; silver bracelets  
Eddie Borgo; tights from  
a selection [mytights.com](http://mytights.com)

◀ New York seemed... I mean, I'd already been there and moved back, and I just didn't feel like I was done with it yet."

It was also at a point when interest in her private life was at its most fervent. She could barely walk down a street in London without having a paparazzi lens thrust in her face, or fans stopping to ask her for selfies. Online, she was the subject of Twitter death threats.

"There was certainly an element of escapism," she admits, "which is the classic New York story. Mainly everyone there is sort of running away from something, which makes the energy a certain way."

These days, she is careful not to reveal too much about her personal life. She insists she has a fairly low-key existence, hanging out with friends and watching box sets (recently she has been obsessed with the Netflix documentary *Making A Murderer* and the second series of *The Affair*: "Ruth Wilson literally blushes in the right parts. It's insane.").

**A**lthough she is rumoured to be dating *True Blood* actor Alexander Skarsgård, she will not answer questions about her relationship, and she somehow manages to navigate that precarious line between maintaining a public profile while also being a private person. How does she manage to avoid unwanted attention?

"I'm not really courting it, so I don't really go into things," she says. "I've always gone out with people who don't want to be seen around. So then I don't do it either... I've never been, like, 'This is 'The One' so let's all photograph us together!' In my

mind, it's only really my family and friends who are looking at my Instagram."

And, really, Alexa has never grown out of the feeling that she's a normal schoolgirl from Hampshire who just got lucky. She is one of four siblings and describes her upbringing in the small village of Privett as "the most middle-class you could imagine". Her father, Phil, is a retired graphic designer who is three-quarters Chinese, and her mother, Gill, is a housewife. She mentions her mother a lot in conversation.

Recently, it was mooted that Alexa might go on Radio 4's *Desert Island Discs*, where interviewees have to choose eight pieces of music that sum up their life, and: "My mum actually said, 'Do you know what? I don't really like it when young people are on it, because it's like they don't have enough life experience to make it interesting.' And I was, 'Yeah, you're right, Mum.'"

Alexa was scouted three times as a model before signing with Storm at the age of 16. She left school with two As and a B at A-level and an offer to study English at King's College, London, but by then she was too busy with modelling work to take it up. After

**"I've always gone out with people who don't want to be seen around"**

that, she became a TV presenter, first popping up on our screens as the drily hilarious co-presenter of Channel 4's *Popworld* and then going on to become one of their regular stable of youth presenters. In the past, she has said that her time as ►

◀ a model made her self-critical and insecure. “But I wonder if it was actually just being young,” she reflects now. “I mean, modelling was the lens through which I look at that, but I think it was just more about being a young woman and not feeling necessarily secure in your body anyway, and then to be photographed and scrutinised makes you kind of hyper-aware of it.”

**T**hese days, “I think I just don’t care as much.” Turning 30, she says, was a kind of liberation.

Her friends have all started getting married and having babies but, “I don’t have

## “I think as I’ve got older, it’s more about trusting your instinct”

a set idea of how it’s going to turn out... I’ve just never imagined my wedding. I don’t have a dream dress. I don’t have a plan.”

When I ask if she still has an inner critic, she replies without pause: “100%. It keeps me awake at night [because] I just want things to be really good, but, actually, I think as I’ve got older, it’s more about trusting your instinct... trusting that you might know.”

On the surface, at least, it would seem she leads a charmed life: beauty, brains, success and a handsome actor boyfriend. It is rare to hear an honest admission of insecurity in a celebrity interview, but I imagine it’s also what gives Alexa her unique edge. Despite her stardom, she has never lost the ability to take the piss out of herself, or to keep things

in perspective – and that involves talking about her weaknesses as well as strengths.

She says that when she reads celebrity interviews, “Sometimes you wish they’d be like, ‘Oh, my God, I’m suffering from incredible anxiety and my life’s fucked!’ Because it’s always like: ‘And then I have my husband and my kids, and I run this business and everything’s perfect.’ I bet there’s some real shit going on there.”

These days, she has made peace with the fact that she doesn’t just have one career, but picks and chooses the projects she’s interested in. She is currently in the early stages of launching her own fashion label.

What have been her own worst fashion mistakes?

“Well, sixth form was pretty bad because I really fancied skateboarders, but I couldn’t skate, so I used to wear sort of cargo pants, really low slung, a studded belt, Pokémon knickers, a cropped Astro Boy T-shirt, too many beads – like, loads of beads – and a Darth Maul watch. That was quite bad. And huge hoop earrings...” She breaks off. “I always committed to a look.”

Her fashion taste changed according to which band she liked at any given time. When she was into Pulp, “that’s when it got a bit better. And The Libertines, thank God, The Strokes, and then I figured it out. And we were off. Before that it was dodgy.”

Still, I can’t imagine she ever looked that bad. Because Alexa Chung’s style isn’t just what she wears: it’s who she is. ☺

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Alexa Chung Rediscovered our Archive launches online and in selected stores on Wednesday April 13. Register for more information at [marksandspencer.com/alexachung](http://marksandspencer.com/alexachung) #ArchiveByAlexa

Make-up: Florrie White  
at D+V Management  
Hair: Alex Brownsell  
at Streeters, using Kérastase  
Manicure: Mike Pocock  
at Streeters, using Nails inc  
Set design: Zoe Bailey  
Senior Fashion Assistant:  
Charlotte Lewis



Jacket from a selection  
[rokit.co.uk](http://rokit.co.uk); dress  
[calvinklein.com](http://calvinklein.com)

Sweater eileen  
fisher.com

## THE NEXT-TO-NAKED FLUSH

"Blush instantly makes you look pretty and healthy," says make-up guru Bobbi Brown. And Kate agrees: "I love an outdoorsy glow." Wear with clear skin (if you need coverage, try **Nude Finish Tinted Moisturizer SPF15** £29.50 [bobbibrown.co.uk](http://bobbibrown.co.uk)) and buff across cheekbones. Here, Kate wears **Blush Duo in Sand Pink/Pale Pink** £29.50 [bobbibrown.co.uk](http://bobbibrown.co.uk). How to find your perfect shade? "For lighter skin, try pink or coral, for medium try tawny shades and for darker skin, plum looks beautiful," says Bobbi. Leave lids bare and team with a tinted lip balm. ►



# KEEPING UP WITH KATE

From fresh nudes to punchy brights, supermodel (and Hollywood's hottest new star) Kate Upton showcases this season's dreamy looks

By **Alessandra Steinherr** Photographs by **Naj Jamai**

A close-up, high-contrast photograph of a woman's face. She has long, straight blonde hair and bright blue eyes. Her makeup is minimalist, featuring a light pink or nude lip color and a subtle, glowing cheek. The lighting is dramatic, casting soft shadows on one side of her face while highlighting the other, creating a sense of depth and texture.

#BOBBITIP "IF A NUDE SHADE  
LOOKS ASHY, IT'S TOO LIGHT FOR  
YOU. IF IT LOOKS MUDDY, THE SHADE  
IS TOO DARK. NUDE IS NOT BEIGE.  
TRY SKINTONE-CORRECT SHADES  
WITH DIMENSIONS OF TEXTURE,  
FOR EXAMPLE A MATTE LIP  
WITH A SHIMMER CHEEK"

**Nude Finish Illuminating Powder in Nude £39**  
[bobbibrown.co.uk](http://bobbibrown.co.uk)

**Colour Riche L'Huile Nail Varnish in Café De Nuit £4.99**  
L'Oréal Paris

**Nude Finish Illuminating Powder in Golden £39**  
[bobbibrown.co.uk](http://bobbibrown.co.uk)

**Complete Salon Manicure in Au Nature-al £6.99**  
Sally Hansen

**Speedy Spring Collection in Winning Streak £3.99**  
[barrym.com](http://barrym.com)

**Cremesheen Glass in Calypso Beat £17.50**  
[mac cosmetics.co.uk](http://maccosmetics.co.uk)

**Nude On Nude Eye Palette £36**  
[bobbibrown.co.uk](http://bobbibrown.co.uk)

## THE FRESH NUDE

What could possibly be new about nude? Nude is nude, right? Not necessarily. "Nude make-up doesn't mean completely bare-faced," says Bobbi. "The secret is to choose shades that are similar in tone to your complexion – eyeshadows that mimic the natural colour of your lids, and lipsticks that look like your lips." Kate is wearing **Nude Finish Illuminating Powder in Nude £39** [bobbibrown.co.uk](http://bobbibrown.co.uk), which subtly perfects skin, boosts radiance and adds a realistic glow to all skintones (available in six shades). "This is how I do my make-up most days," says Kate. "I've had the same routine since junior high."

There's a lot more to discuss about Kate Upton than the killer curves that propelled her to worldwide fame on the cover of the *Sports Illustrated Swimsuit Issue* in 2012. The 23-year-old model and face of Bobbi Brown Cosmetics has successfully bridged the gap to actress, starring in *The Other Woman*, alongside Cameron Diaz and Leslie Mann, and, more recently, *The Layover*, a road-trip comedy directed by William H Macy. So, in other words: ticking all the boxes.

The Floridian super arrives on the GLAMOUR set with wet hair, fresh from the gym. "I've always been sporty, but living with an athlete [her boyfriend, baseball pitcher Justin Verlander] sure inspires you to work out," she laughs. Effervescent, chatty and unaffected, Kate is a breath of fresh air, and talks honestly about the hard work she's put in to get to where she is now: "I had a clear plan of where I wanted to go," she says. And she made it happen. But with fame comes media scrutiny: "It's annoying when people write things that are plainly false, but I've learnt not to care. I know the truth," she shrugs.

Although she owes part of her fame to Twitter (clips of her dancing went viral), she's not a social media addict. "I'm not on it 24/7," she says. "I feel like social media has become our lives, and it takes away from just living. But Twitter is fun, you just Tweet and move on to the next thing. And I like Instagram because on a day like today, when I get my make-up done, I'm thinking, 'Oh, I've got to take advantage of this and take a good snap.'"

And, as her combined five million followers will testify, she did. ►

#BOBBITIP: "TO CREATE THE ULTIMATE SMOKEY EYE, USE A LIGHT EYESHADOW ALL OVER THE LID. IT GIVES A SMOOTH SURFACE TO HELP THE DARK SHADE GO ON EVENLY"

## SMOKE IT OUT

Black eyeshadow can be pretty hard to pull off. The best approach, according to Bobbi? "Use soft greys or wine shades instead to build the right amount of intensity." Kate is wearing **Long-Wear Gel Eyeliner in Wine Ink** £18.50 [bobbibrown.co.uk](http://bobbibrown.co.uk) smudged over lids, with black pencil along her waterline for depth. Keep the eye area strong by accentuating the brows with **Long-Wear Brow Gel in Blonde** £17 [bobbibrown.co.uk](http://bobbibrown.co.uk)

Dress Versus Versace

#BOBBITIP: "POWDER  
LINER CAN SOFTEN A  
TOO-HARSH GEL LINER  
AND MAKE IT LOOK  
MORE DIFFUSED"

## JUST ADD LINER

If the spring runways are any indicator, the modern way to wear liner is to be deliberate about it. "Eyeliner is the most effective way to add definition," says Bobbi. "Make sure it's thick enough to be visible when the eyes are open." Apply an almond-hued shadow over the lids and beneath the bottom lashline, then gel liner along the top lashline. Also line along your lower lids and smudge. Balance with a low-key lip: here, Kate wears **Nourishing Lip Color** in Desert Rose £21 [bobbibrown.co.uk](http://bobbibrown.co.uk) ►



Art Stick in  
Electric Coral £20  
[bobbibrown.co.uk](http://bobbibrown.co.uk)

## THE SPRING BRIGHT

Up your lip game with a powerful yet fresh coral. A chunky crayon like **Art Stick in Punch** £20 [bobbibrown.co.uk](http://bobbibrown.co.uk) makes for casual application and an effortless finish, and its non-sticky formula means you can rub it on cheeks, too. "I love products that multi-task," says Bobbi. Kate adds: "I like getting ready fast. I do my make-up in five minutes, and a bold lip is a quick statement for night."

Art Stick in  
Hot Berry £20  
[bobbibrown.co.uk](http://bobbibrown.co.uk)

Art Stick in  
Punch £20  
[bobbibrown.co.uk](http://bobbibrown.co.uk)

## BEAUTY TALK

"I'm obsessed with products – once you find a good one, it's a game changer," says Kate. Here are her must-haves...

- "My facialist put me onto **A-RO Balsam Serum For Acne And Rosacea** [approx £27 [kNutek at amazon.com](#)]. It's my favourite product, I highly recommend it. I put it on after toning every day, and I'll also add a dropper into a face mask and sleep it in. It kills bacteria and reduces inflammation. It has organic sulphur and tea tree oil to clear the skin without drying it out."
- "I love to look tanned, but I always put on sunblock – it's non-negotiable. I use **X-Treme Cream Sunscreen SPF45** (£37.50 [Epicuren Discovery](#)) because it's not too oily."
- "Since I was very young, my mom

always taught me about skincare and the importance of washing my face. Growing up in Florida, I didn't need moisturiser as much because it's so humid there. But with all the flying I do now, I need it. I like **Bobbi Brown Hydrating Gel Cream** (£39 [bobbibrown.co.uk](http://bobbibrown.co.uk)) because it feels light, but softens and moisturises."

- "I always break out on flights. I get on the plane and there's nothing there; I land and there's a pimple. So, I'll sleep in pimple cream – I like **Drying Lotion** (£12.50 [Mario Badescu](#))."
- "Leonor Greyl products changed my hair – especially with all the heat and styling it's put through. They made it healthy again. I like **Crème Moelle De Bambou Nourishing Shampoo** (£28), **Masque Fleurs De Jasmin** (£35) and **Huile De Magnolia** (£26)." **G**

See our exclusive interview with  
Kate at [GLAMOUR.com](http://GLAMOUR.com)



Colour Intense  
in Stiletto £24  
[delilahcosmetics.com](http://delilahcosmetics.com)



Color Sensational  
Blushed Nudes  
in Tip Top Tulle  
£6.99 [Maybelline](http://Maybelline)



Matt Lipstick  
in Ziggy £7.99  
[hm.com](http://hm.com)

#BOBBITIP "WEAR A BRIGHT  
LIP WHILE LEAVING THE  
REST OF THE FACE SUBTLE"



Lip VIP Lipstick  
in Flaunt It £5.50  
[sleekmakeup.com](http://sleekmakeup.com)



Cream Lipstick in  
Mauveine Queen  
£7.99 [hm.com](http://hm.com)



Rouge Eclat  
in Hot Rose  
£19.50  
[clarins.co.uk](http://clarins.co.uk)



**Turtleneck** [wolfordshop.co.uk](http://wolfordshop.co.uk)

**Styled by** Alessandra Steinherr

**Assisted by** Dominique Temple

**Hair:** Christian Wood at The Wall Group

**Make-up:** Cassandra Garcia for Bobbi Brown

**Nails:** April Foreman at The Wall Group

**Still lifes:** Benoît Audureau



# THE EVERYTHING GUIDE TO NAILS

And seriously, we mean everything. All the colours, trends and treatments to know for S/S16. By **Grace Timothy**

Photographs by **Benoît Audureau**

## SEA COLOURS

Gelly Polish in Cream Soda £3.99 barrym.com; Nail Polish in Skinny Dippin' £11 Leighton Denny; Vernis in 301 Bleuette £19 Dior; La Laque Couture The Opalescents in Peace Green £19 ysbeauty.co.uk; Le Vernis Nail Gloss in Sunrise Trip £18 Chanel; Limited Edition Polish in The Bee Side £19 Smith & Cult; Nail Polish in Vintage £10.50 Orly



BURBERRY

THE WHITE  
Nail Polish in  
Optic White £15  
[burberry.com](http://burberry.com)



CREATURES OF THE WIND

THE BLACK  
La Petite Robe  
Noire Nail Colour  
in Black Perfecto  
£17 Guerlain

## MONOCHROME HUES

From ice white at Burberry and creamy buttermilk at Prabal Gurung, to super dark at Christopher Raeburn and Creatures Of The Wind, this season is all about extremes. "Black leaves no room for error – make sure nails are well groomed and painted perfectly," says celebrity manicurist Trish Lomax.

## NAILING INSTAGRAM

Stuck for ideas? Find your  
#nailspiration here



@mpnails



@oliveandjune



@theillustratednail

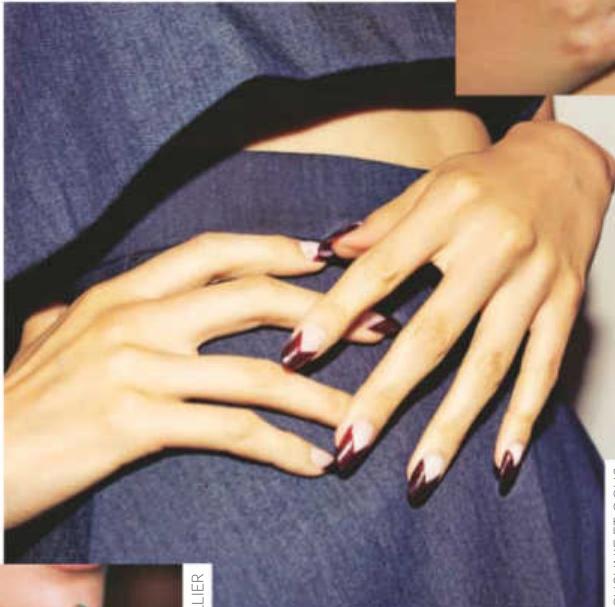
## RESCUE REMEDY

Nails peeling and chipped from one too many gels? The solution: **IBX Keratin Repair Treatment £10\*** at Nailed uses three layers of IBX formula applied to the nail, set under a heat lamp and cured with LED light for stronger, healthier nails. **Nailed, 70 Chepstow Road, Notting Hill, London W2 5BE; 020 7221 6685.**  
\*When booked with a Thoroughly Nailed Manicure (£25) ►



# GRAPHIC DETAILS

Nail art continues apace, but it's less showy, with variations on negative space featuring heavily. "This season, we got blurred lines, faded ombré, reverse and abstract French manicures with embellishments, different lines and various effects," adds Trish.



TIME TO UP  
TOOLS, LADIES

**Nail Art Tool Kit**  
£18 Soigné





## NEAT NEUTRALS

The clean-cut mani – effortless, oh-so cool – still reigns supreme. Just check out Gucci for inspiration. "Apply a sheer natural shade to give a healthy blush, or simply a gentle sheen," says Trish. "It acts a little like BB cream for the hands." Condition nails to a high shine with **Complete Care 7-in-1 Nail Treatment** £10.95 Sally Hansen, or if you prefer a little more coverage, try our favourite nudes.



Nail Polish in  
Vintage £14.50  
[nailberry.co.uk](http://nailberry.co.uk)

The Nail  
Lacquer in  
Bella £20  
Dolce &  
Gabbana

Colour Show The Blushed Nudes in Dusty Rose £3.99  
Maybelline



Nail Lacquer  
in Toasted  
Sugar £27  
Tom Ford ▶

### GOING NUDE? BOOK A NAIL FACIAL

Yes, it's a thing. From March 11 to April 29, you can get a **Fingertip Facial** £30 at Sorbet Salons. Nails are cleansed, exfoliated, nourished with a mask and cuticle oil, then filed and polished. [sorbetsalons.co.uk](http://sorbetsalons.co.uk)



GUCCI



ALBERTA FERRETTI



PALMER HARDING

# STATEMENT TOES

GIORGIO ARMANI



JONATHAN SAUNDERS



ROLAND MOURET



Patent Shine 10X  
Nail Lacquer in Broody  
£15 butterlondon.co.uk

Gelology Paint Pot in  
Mistress £12 ciate.co.uk

"There was a strong trend in wearing two colours: a nude on fingers, and red or a deep dark colour on toes," says backstage nail supremo Marian Newman. "If you're not so keen on your feet, a dark colour with a high gloss will distract from any imperfections."

## THE PRO KIT

The doyenne of the medi-pedi, Margaret Dabbs, has created a **Manicure/Pedicure Set** £95 – a selection of professional tools in a handy case. And look out for her rose-scented **Nail Polish Elixirs**, launching in May.



Pure Color Nail Lacquer  
in Pure Red £15  
esteeleauder.co.uk

Nail Polish in  
Jungle Red £15  
narscosmetics.co.uk

Super Gel in  
Rock N Roll  
£5.99 Rimmel

Nail Colour in  
EX-43 £14 RMK

## STYLE TIP

"I used **The Ultimate Fix** [£9.50 beautynarcotix.com] – an amazing polish dryer – on every model at the shows," says Marian. "It is a must-have for toes, especially as the polish gets wrecked so easily by the shoes."

Nail Lacquer  
in Day Dreamer  
£15 Michael Kors

Le Vernis in No. 29  
Rose Divin £17 Givenchy

Nail Polish in  
Copper Spark £11  
[littleondine.com](http://littleondine.com)

Nail Polish in Buy Me  
A Cameo £7.99 Essie

# BRILLIANT BLUSH

It's all about the rose – rose pink,  
rose gold, and one half of Pantone's  
Colours of the Year 2016, Rose Quartz.

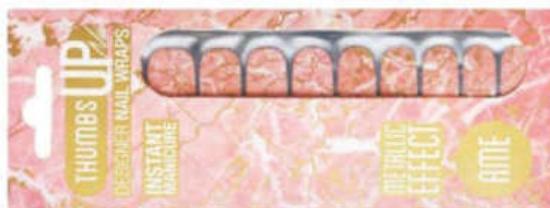
New Orleans Nail  
Lacquer in Got Myself  
Into A Jambalaya  
£12.50 [opiuk.com](http://opiuk.com)

Sweet Almonds  
Nail Polish in  
Mayfair Market  
Mews £14  
[nailsinc.com](http://nailsinc.com)

## THE DREAM TEAM

Hawaii Kawaii Collection I  
£65 Christian Louboutin Beauté  
contains two brights for day  
– turquoise and coral – and  
a dark red for sophisticated soirees.  
That's all your nail looks wrapped up  
in one to-die-for box, right there. **G**

...and an  
easy nail cheat  
with Ame Nail  
Wraps £7.99  
[thumbsupnails.co.uk](http://thumbsupnails.co.uk)



## ROCK A PANTONE PINKIE

# WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

Life looks great with  
**Tampax Compak Pearl.**

Our best tampon for protection,  
comfort and discretion.

It adapts to your unique  
shape to protect you  
better against leaks.\*



Winner Tampon Category.

Survey of 11,586 people in the UK & ROI by TNS.

**power**  
OVER PERIODS™



\*vs. Tampax Compak

# 10

## SECRETS OF HEALTHY PEOPLE

We bring you the small tweaks that make a big difference – straight from the pros. The best bit? They're easy to steal.

By Amy Abrahams

**C**racking the secrets to good health can feel more complicated than breaking into the Death Star, yet some people just seem to get it. So we asked the experts for the key things they do to stay at the top of their game. The result? Genius tips that don't cost a fortune, require a personal trainer or involve eating unpronounceable ingredients five times a day. Just straightforward advice that works.



### 1

#### THEY KEEP MOVING

Newsflash: exercise is good for us. Wait, we knew that. But we forget that activity during the day also adds up: a Boston University study found ten-minute bursts have similar benefits to a regular workout. "A fit life is about more than sweating in the gym, and I say this as someone who runs fitness studios!" says Pip Black, co-founder of Frame ([moveyourframe.com](http://moveyourframe.com)).

#### NOW STEAL IT

Look for everyday moments that can be made more active: "If I have a meeting, I cycle there, and use a running buggy to take my son to nursery – it makes me feel good for the rest of the day," says Black. And when you're walking just to get from A to B, switch up your pace: a new study found that walking at varying speeds burns 20% more calories than keeping a steady pace. Easy! ►

## 2

**THEY ADD SPICE**

Your spice rack isn't just for flavouring culinary creations – it's packed full of body-boosting properties, too. And there's one super-spice leading the wellness way: turmeric. "I love adding turmeric to my rice milk in the morning," says nutritionist Madeleine Shaw.

**NOW STEAL IT**

Madeleine Shaw's

turmeric milk

ingredients:

140ml rice milk

½ tsp turmeric

½ tsp cinnamon

1 tsp fresh grated ginger

Pour the milk and spices into a small pot on a medium heat and warm for three minutes.

**SPICE IT UP FURTHER**

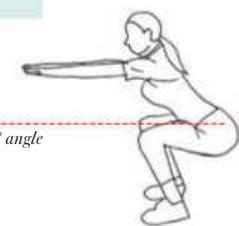
Add chopped chillies to boost your metabolism, cumin for antibacterial and cholesterol-improving pow, and sprinkle on fenugreek to lower blood sugar levels.

## 3

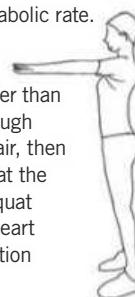
**THEY SLEEP TECH-FREE****NOW STEAL IT**

"I keep the bedroom free of gadgets so I'm not tempted to keep checking for new emails or Facebook updates," says Dr Kemp. And if you're one of the 54% of women who say stress keeps them awake at night? "Keep a notebook and pen by your bed to write down your worries. This way you can switch off, knowing you'll deal with any issues in the morning."

## 4

**THEY SQUAT A LOT****NOW STEAL IT**

"To squat, stand with your feet a little wider than hip-width apart. Keeping even weight through your feet, squat down as if sitting on a chair, then stand back up, squeezing your bum tight at the top," says Thompson Rule. Rocking the squat already? Add squat jumps – these boost heart rate and stamina, challenge your coordination and provide serious calorie burn. ▶





**BECAUSE I'M A WOMAN**

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PRESSURE OR CONQUER THE FIELD?

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prejudice should get in a woman's way.

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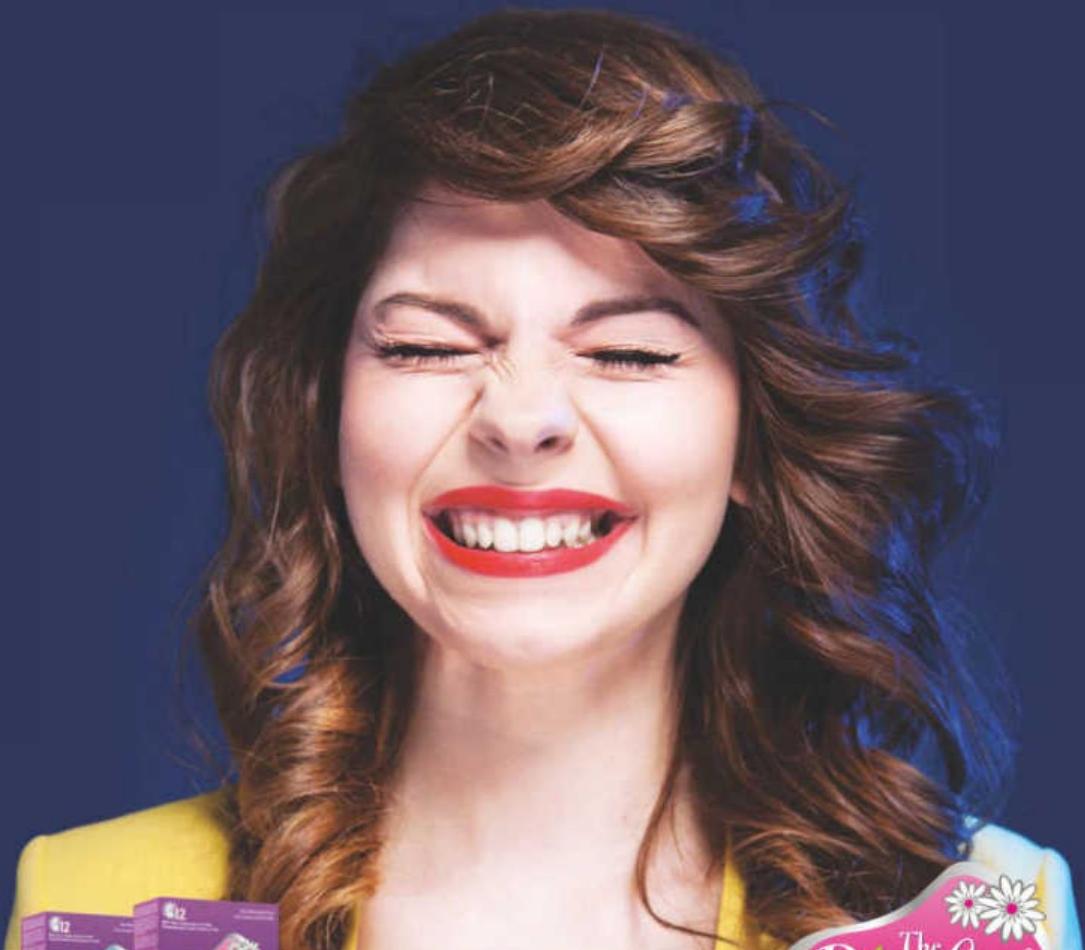
*Rewrite the Rules*  
**always**

# OMG!

Available Online At

Superdrug 

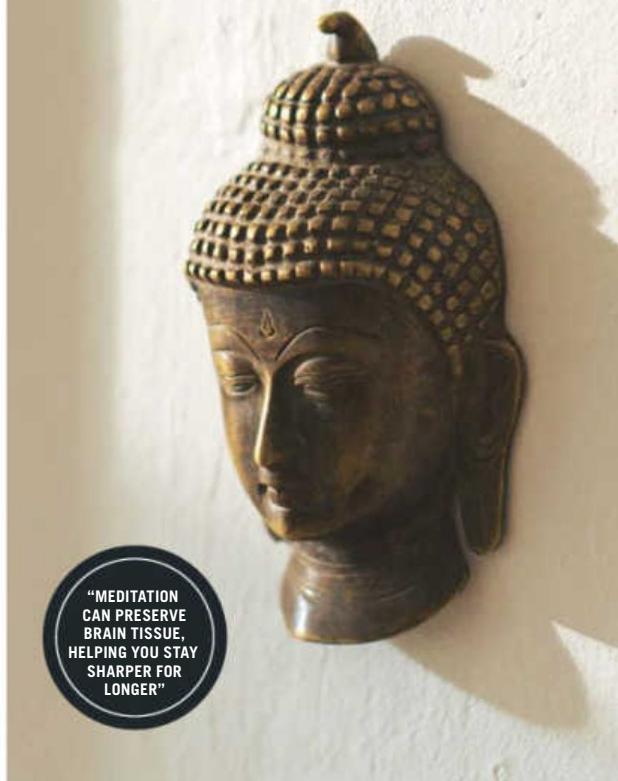
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Switch to The DivaCup!

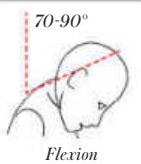


[divacup.com](http://divacup.com)



## 6 THEY WATCH THEIR POSTURE

Thought "sit up straight" was something parents said to annoy you? Turns out poor posture can cause pain, headaches and even affect our moods, one US study found. "Posture is fundamental to health," says senior physiotherapist Janani Wijetunge. "I see so many people with chronic back pain, particularly office workers, and posture is a culprit."



### NOW STEAL IT

"We shouldn't spend more than 20-30 minutes in one position, so break up long stretches of sitting with exercises," says Wijetunge. "As well as standing up and walking around for a minute or two, try neck stretches, shoulder-blade pinches and trunk rotations. Do two to five reps of each, holding for 20 seconds."

## 5

### THEY MEDITATE

10 minutes



### NOW STEAL IT

"We're all busy – so ten minutes is enough," says Shield, who gave up a high-powered job in advertising to study meditation and retrain as an alternative therapist. "At lunchtime I shut my laptop, close my eyes, take deep breaths and imagine I'm looking directly at the space between my eyes (the third eye). It might feel weird at first, but it helps reset the brain to make you feel less stressed."

## 7

### THEY CUT THEMSELVES SOME SLACK



Studies of more than 3,000 people found a link between self-compassion and four key areas of health: eating, exercise, stressing less and sleep. "It's all linked to emotional resilience," says Dr Catherine Green, a clinical psychologist at the South London and Maudsley NHS Foundation Trust and themindworks practice.

"It's about facing difficult feelings and accepting imperfections, rather than avoiding or attacking them."

### NOW STEAL IT

If you're feeling down or insecure, Dr Green suggests this technique: "Treat yourself the way you would a good friend, asking these questions: if they were suffering, what would you say? What would you encourage them to do? How would things be different if you started doing the same for yourself?" ►

# 8

## THEY MAKE SMART FOOD SWAPS



Coconut sugar



Banana



Date paste



Vanilla powder



Raw Cocoa



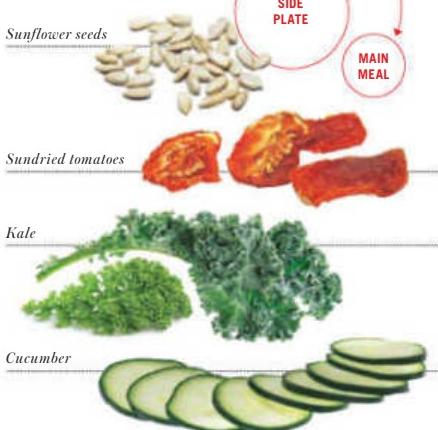
Cinnamon

With a University of Texas study finding that a high-sugar diet could be driving breast cancer, it's time to cut down on the sweet stuff. How? Load up on healthier ingredients so you don't feel hard done by. "I have a sweet tooth, so I use dates and pecan nuts to prevent cravings," says Irene Arango, co-founder and chef of London raw food restaurant Nama.

### NOW STEAL IT

Arango suggests using date paste, vanilla powder, raw cacao, coconut sugar, cinnamon and bananas to sweeten coffee, smoothies and cakes. "And I stock up on energy bars with dates, almonds or protein powder, so I can still make healthy choices, even in a rush."

### PLATE SWAP



"Another tip to boost your greens is to replace your main meal with a salad, such as kale, cucumber, sundried tomatoes and sunflower seeds, then have what would have been your main meal on a small plate, as a side. That way, you get more nutrients, but don't feel deprived," adds Arango.

# 9

## THEY TAKE VITAMIN B3



With over 50% of women suffering adult acne, a clear complexion is the Holy Grail of beauty. Skincare requires a holistic approach, but one vitamin could give a boost. "Vitamin B3 may control sebum production and reduce inflammation," says consultant dermatologist Dr Anjali Mahto, who suggests a supplement of 750mg.

### NOW STEAL IT

"Good skin is about healthy living," says Dr Mahto. "I cleanse, rinse with micellar water and use SPF, but I'll break out if I'm stressed or haven't slept, so I do yoga and meditate." The one product she swears by? "Retinoid cream at night. It helps remove pigmentation and fine lines and I don't think you'd find a female dermatologist who doesn't use one."

# 10

## THEY PRACTISE YOGA



Yoga has long been the healthista's go-to, as it keeps you lean and helps mental health, but a new study has found that just 12 minutes a day can also improve bone quality, lowering your risk of fractures and osteoporosis.

### NOW STEAL IT

How to be a better yogi?

"Stretch everywhere, on



12 minutes per day

anything (walls, tables), throughout the day. This is the one thing that keeps me flexible," says international yoga teacher Irene Pappas, known more commonly to her 500,000+ Instagram followers as @fitqueenirene.



### TRY THIS STRETCH

"Stand facing a wall about a leg length away, feet parallel and hip distance apart. Place your hands on the wall a bit below shoulder height and allow your chest to come through your arms, creating a right angle. Relax your neck; keep a strong foundation in the shoulders. You can bend your knees gently or keep them straight. Stay for ten-15 breaths and repeat whenever you need a moment to yourself." ☀

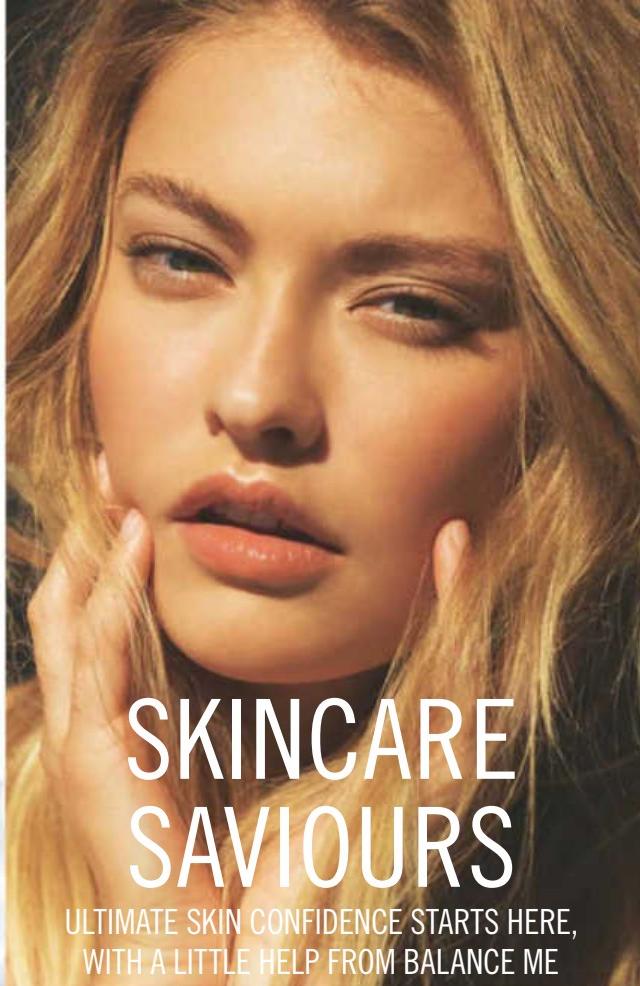
**S**kincare that's made from natural ingredients, but also science-led to deliver real results (both instantly and long-term) is the Holy Grail of skincare. And that's why we love these beauty heroes by Balance Me. So if you want brighter eyes and a clearer, more radiant complexion, then say hello to your skin's new best friends...

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This gentle but powerful serum, £16, contains spruce knot and kanuka essential oil to calm unhappy skin. Use morning and evening, after cleansing and before you apply moisturiser.

**Who is it for?** Spot-prone, sensitive or oily skins.

**Why use it?** The serum clears spots overnight, helps to calm redness and balances oily complexions, without drying the skin.



# SKINCARE SAVIOURS

ULTIMATE SKIN CONFIDENCE STARTS HERE,  
WITH A LITTLE HELP FROM BALANCE ME



## TINTED WONDER EYE CREAM

Smooth, tighten and brighten the delicate eye area with this genius cream, £20. With a natural, light-reflecting tint and hyaluronic acid, it works to target the visible signs of tiredness and ageing. Basically, it's an early night – in a tube! Gently tap on with your finger for a smooth, wide-awake finish.



"This is a great triple-action mask that deeply cleanses, exfoliates and brightens skin in five minutes"



## RADIANCE FACE MASK

When skin needs a speedy boost, this fast-acting mask, £18, is your go-to. With purifying kaolin clay, natural fruit acids and gently polishing walnut shells, it brightens and cleanses to leave you glowing in no time (well, five minutes!).

20%  
OFF

## 20% OFF BALANCE ME PRODUCTS

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# Breakfast at ELLA'S

...and lunch, dinner and cake!

Ella Woodward (aka Deliciously Ella) is reinventing fast food, the healthy way (not a takeaway menu or ready meal in sight). By **James Conrad Williams**

Ella Woodward is nothing short of a food-writer phenomenon. With over four million visitors to her blog, [deliciouslyella.com](http://deliciouslyella.com), each month and Instagram followers tipping the 700K mark, it's no surprise that her 2015 book, *Deliciously Ella*, became the fastest-selling cookbook debut of all time. The follow-up, *Deliciously Ella Every Day*, is proving more than a match for its predecessor and has already topped the bestseller list.

"If you'd told me this time last year that the first book would have been such a success and that 12 months later I'd be here with my second, I wouldn't have believed it for a second," insists the 24 year old (incidentally, a third book is already in the pipeline for 2017). So ►

◀ how does the new tome differ from her first?

"What I hear a lot is that fresh, healthy eating isn't accessible. That it's full of bizarre ingredients people have never heard of, that are really expensive. There's also a perception that it's time consuming and not very filling. With this book I wanted to prove that healthy eating can be simple – five or six ingredients rather than 12 – and ultimately delicious and satisfying. Believe me, there's nothing I hate more than feeling hungry."

Recently hailed as one of the UK's 500 most influential people, Ella knows what she's talking about. But if you're still a tad sceptical, here's a selection of delicious meals that anyone can prepare in minutes – guaranteed to satisfy even the biggest of appetites....

## SPEEDY PORRIDGE, 4 WAYS

Porridge is my favourite breakfast. This is the best version for weekdays, as you soak the oats while you get dressed, so they only need to cook for a few minutes.

### ALL SERVE 1

**ALMOND BUTTER AND HEMP**  
60g rolled oats  
100ml plant-based milk  
1 teaspoon coconut oil  
1 teaspoon honey or

maple syrup (optional)  
½ teaspoon ground ginger  
2 tablespoons almond butter  
Shelled hemp seeds

### KITCHEN TIP

Be careful of different oats! Porridge oats take only 3 or 4 minutes to cook; soaking turns them to mush. Extra-thick rolled oats take much longer and need more liquid. Use standard rolled oats instead.

- 1 Place the oats in a saucepan and pour in 150ml of boiling water. Leave to soak for 10 minutes; all the water should have been absorbed and they should be just about soft enough to eat.
- 2 Pour in the milk, coconut oil (this adds flavour and texture), honey and ginger. Add half the almond butter.
- 3 Cook for 5-10 minutes, until it's nice and creamy and the oats are really soft.
- 4 Serve with the remaining almond butter and a sprinkling of hemp seeds on top.



### BANANA AND HONEY

60g rolled oats  
100ml plant-based milk  
1 heaped teaspoon honey  
1 banana, sliced  
Soak the oats and cook as before with half the banana. Serve with the remaining banana.

### CINNAMON AND DATE

60g rolled oats  
100ml plant-based milk  
4 medjool dates, pitted and chopped  
1 heaped teaspoon ground cinnamon  
1 teaspoon coconut oil  
Soak the oats; cook as before.

### RAISIN AND APPLE

60g rolled oats  
Handful of raisins  
100ml plant-based milk  
1 red apple, coarsely grated  
½ teaspoon vanilla powder  
1 teaspoon maple syrup  
Soak the oats with the raisins. Cook as before.

## WILTED SPINACH & BLACK BEAN SALAD

Such a winner if you're looking for a simple, nourishing dish to warm you up! The roasted squash and courgette taste amazing with the sautéed beans and spinach, then the creamy tahini and miso dressing just brings it all together. If I'm not especially hungry, I love this just as it is, but if you want to make it a little heartier, serve it over quinoa or brown rice. That's delicious.

### SERVES 1

#### For the salad:

$\frac{1}{2}$  butternut squash

Olive oil

Salt and pepper

$\frac{1}{2}$  courgette

$\frac{1}{2}$  bag of spinach (100g)

$\frac{1}{2}$  x 400g can of

black beans, drained  
and rinsed

#### For the dressing:

1 tablespoon tahini

2 tablespoons olive oil

$\frac{1}{2}$  teaspoon chilli

powder

$\frac{1}{2}$  teaspoon ground

cumin

1 teaspoon miso paste

Juice of  $\frac{1}{2}$  lemon

Preheat the oven to 200°C (fan 180°C).

1 Peel the squash, cut into bite-sized pieces and place on a baking tray with a little olive oil, salt and pepper. Bake for 30 minutes, until tender.

2 Cut the courgette into thin half moons.

After the squash has cooked for 20 minutes, add the courgette to the tray to roast alongside it for the last 10 minutes.

3 While the courgette and squash finish cooking, place the spinach and beans in a frying pan with a little olive oil and gently sauté them. Add the courgette and squash once they come out of the oven. Let everything cook together while you mix all the ingredients for the dressing.

4 Pour the dressing over the salad, mix it well, then serve.

### SHOP SENSE

To avoid waste, cut up the whole squash and roast it with the other veg you need here, then use the leftover squash in meals over the next few days.



## CHOCOLATE GANACHE CAKE

My favourite chocolate cake – it's just so soft and gooey. It may also be the simplest cake ever: just six ingredients whizzed together and then baked for 30 minutes, so it's great if you need a fancy dessert but have limited time or energy. It's perfect for a party, too, as I've yet to find anyone who didn't love it.

### MAKES 1 CAKE

#### For the cake:

Coconut oil, for the tin

3 avocados

7 tablespoons almond  
butter

8 tablespoons raw cacao  
powder, plus more to  
dust (optional)  
11 tablespoons

#### maple syrup

140g ground almonds

3 tablespoons chia seeds

#### For the frosting:

4 tablespoons  
coconut oil

4 tablespoons raw  
cacao powder  
4 tablespoons  
maple syrup ►



- 1 Preheat the oven to 180°C (fan 160°C). Oil a 20cm cake tin with coconut oil; I don't line it with baking parchment as my 'tin' is made from silicone. If yours isn't, you might want to.
- 2 Scoop the avocado flesh out of the skins; discard the stones.
- 3 Add the avocados to a food processor with all the other ingredients and blend until smooth. Scrape the batter into the prepared tin and level the top.
- 4 Bake for 30 minutes, or until a knife inserted into the centre comes out clean. Leave to cool and bind together for at least 20 minutes before turning out of the tin.
- 5 Sift over a little more cacao powder, if you like, to serve, as we did for the photo, or make the frosting. For the frosting, warm the coconut oil in a small saucepan just until it melts. Stir in all the other ingredients until you have a smooth, glossy glaze. Use it to frost the top of the cold cake, then leave to set.
- 6 This cake is perfect just as it is, frosted or not, but you could add a scoop of coconut ice cream to each slice if you want.



Yep, we wish our storecupboard looked like this, too



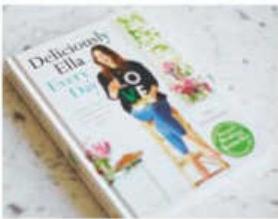
## WATCH GLAMOUR AND ELLA COOK UP A STORM!

We sent GLAMOUR's Associate Editor, James (above), over to Ella's west London pad to put her promise to the test and learn how to cook one of

her super-easy, go-to weeknight suppers.

"I love this recipe, Warming Pesto Butter Beans, because it's incredibly simple. When you get back from work, the last thing you want is to be running around the kitchen getting this, chopping that, and ending up feeling really stressed. This recipe requires none of that. It's also highly addictive. After the first time I made this, I then cooked it four or five times in the next two weeks. My recipes are about a healthy twist on something comforting and familiar."

TO SEE JAMES AND ELLA IN ACTION,  
HEAD TO [GLAMOUR.COM](http://GLAMOUR.COM)  
AND WATCH  
THE VIDEO



Who says a healthy dinner has to take hours of prep? This Warming Pesto Butter Bean recipe is a weeknight hero and takes just five minutes 

# GLAMOUR

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# HAPPY

by Fearne Cotton

## FEEDING YOUR MIND, BODY AND SPIRIT

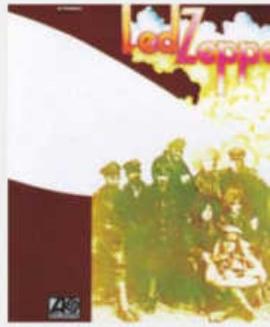


Self-help books? I've got them all. I love learning from their theories and getting my brain to think outside the box. When Ruth Whippman's *The Pursuit Of Happiness And Why It's Making Us Anxious* landed on my doormat recently, I was intrigued to hear a different take on the whole subject. This and the fact it's International Day of Happiness on March 20 made me ponder the whole 'happy' notion that little bit deeper.

Some would say the fact you're in 'pursuit' of happiness in the first place presents a problem, as you're setting yourself up for a fall. I think

we're all trying to find happiness, but our idea of what it actually means has been slightly warped.

The idea of striving to reach this island called 'happiness' where we believe we will be untouchable and immune to feelings of loss, sorrow, anger or fear is as unhealthy as it is impractical. Happiness is not a place or a state of mind we will one day reach and bask in forever more. Happiness to me means acceptance. Being truly at peace with who we are. Knowing that we will of course all have great times but also some very tough times. A few years ago I hit a very dark patch and lost sight of it ever passing. I was drowning in it all, rather than reassuring myself that those feelings would



### Top-of-the-world happy?

I listen to Led Zeppelin's *Ramble On*. This song makes me hyper, I love it so much.



### Feeling bright and breezy?

I'll wear something more daring. I love this House Of Holland striped dress.



This vintage Fendi dress is one of my best eBay finds



### Feeling fun and bubbly?

I'll have a Margarita – my drink of choice if I'm out with a mate.



With my pal Amanda Byram



### Feeling flat?

On days when I need a little pick-me-up, I love to do guided meditations online.

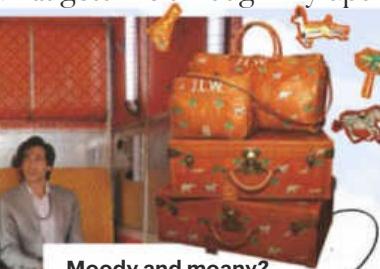
## MY 'MOOD' BOARD

What gets me through my ups and downs



### Moody and moany?

I watch a great film. *The Darjeeling Limited* is a favourite and a feast of Louis Vuitton luggage.



### Firmly down in the dumps?

I find smell very evocative, so spraying myself with Miller Harris Tuberosa helps to lift any negativity.



pass. Rather than avoiding sorrow and darkness, you have to embrace them, learn from them, grow from them. Long-term happiness is about being able to ride out the bad with the good.

I don't think there's any problem with people spending money, time or energy on finding happiness. Everyone finds it in a slightly different way, whether it's meditating, playing loud music and dancing around with your mates or quietly reading a book. Find your happy activity and think of it as a discipline. Whenever you feel off-centre or down, let the moment pass and then do that thing that makes you feel good.

Equally, whenever you feel joy, lean in to it wholeheartedly without fear. Rather than

worrying about when that good time will pass, just bask in the joy of it. On my wedding day, during mine and Jesse's first dance, I have never been so in the moment. I was unaware of anyone watching, unaware of time passing, I was simply lapping up every delicious second of this magical moment. This memory still has a dream-like quality about it. I need to learn to embrace joy more often, and not just for the big moments but for life's simple pleasures, too.

Happiness to me is knowing it'll all be OK in those dark times, but also embracing the gorgeous moments too. At the end of the day that's life, so let's accept it all with open arms. ☺



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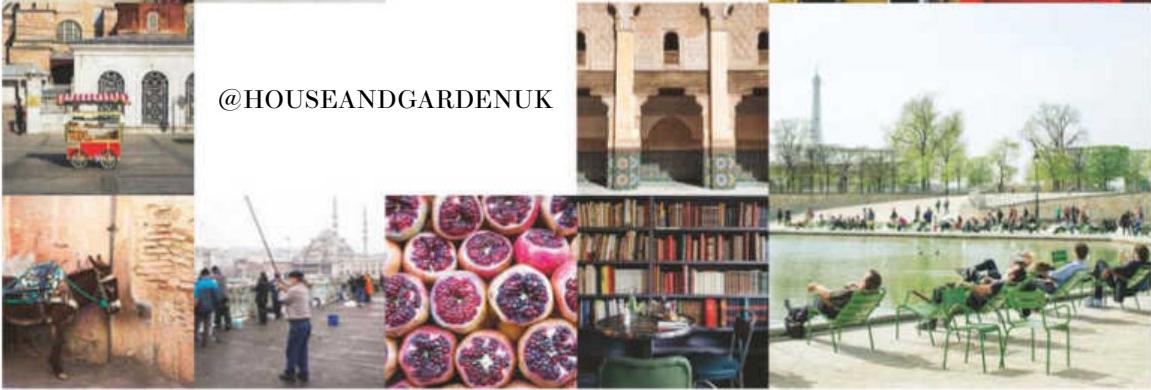


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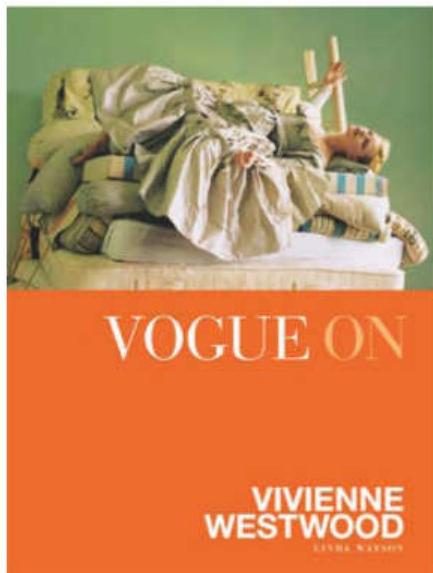
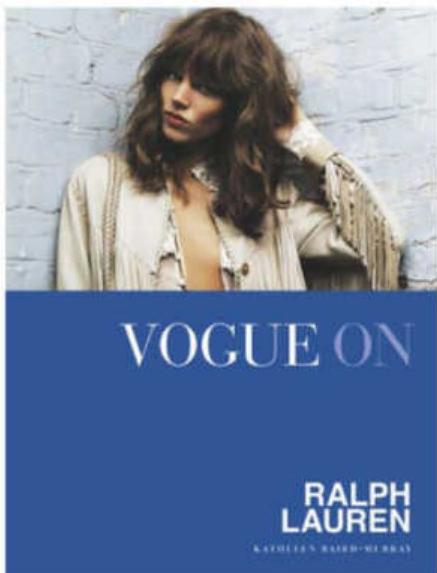
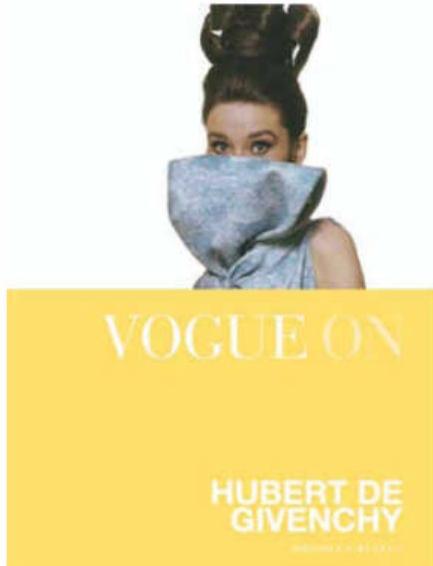
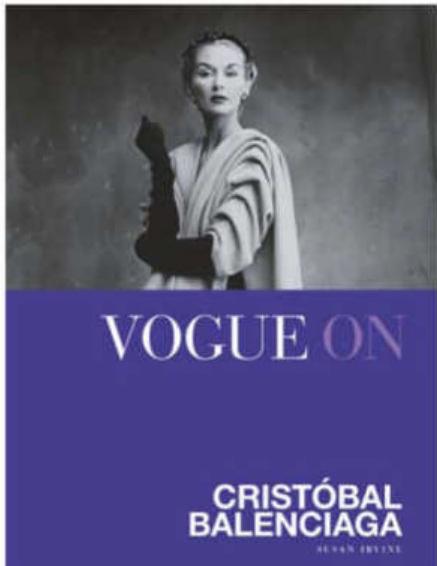
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**5.** This White Pave Katana Ring from **MARSHELLY'S JEWELRY** is effortlessly cool. Movement created with classic lines and shapes is what makes Marshelly's stand out of the crowd. Inspired by symmetry, pattern, and precision, it is a jewellery line perfect for everyday wear to special occasions. Visit [www.marshellys.com](http://www.marshellys.com)

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**8.** The Swiss brand **CANDY JEWELS** stands for high quality silver and gold jewellery and elegant, contemporary designs. Enter the world of Candy Jewels and let yourself be enchanted at [www.candyjewels.ch](http://www.candyjewels.ch) Earrings Alma, approx. £67.

**9.** **HIPPIE JACK** offers comfortably chic pieces like these sparkly gem earrings that can be worn casually with jeans and a tee or paired with every girl's favourite little black dress. To explore Hippie Jack's version of Boho Glam visit [www.hippiekjack.com](http://www.hippiekjack.com)

**10. BIOMORPHOS** is a design studio focused on expressing inspiration from nature into elegant and glamorous pieces that are eye-catching and easy to wear. Discover more of their statement earrings and jewelry in gold, silver and brass at [www.biomorphos.etsy.com](http://www.biomorphos.etsy.com) or [www.facebook.com/Biomorphos-595676926844484](http://www.facebook.com/Biomorphos-595676926844484)

**11.** The last set of bangles you'll ever need! The beautiful Bliss Bangle Set from **METTA8 Conscious Designs**. A timeless classic, this delicate set consists of 8 hammer-textured bangles made from recycled Sterling Silver and 14K Gold Fill. Every item is handmade with love, intentionally crafted and made-to-order in California. And the best part, every piece comes with a healing affirmation. Uniquely simple, this set's affirmation is "Simplicity is Bliss. Keep it Simple." For more information or to shop online visit [www.metta8.com](http://www.metta8.com) or follow **Metta8Jewelry** on Instagram.

**12. BUTTER LANE ANTIQUES** – dealer and curator of on-trend antique jewellery and curiosities. Shop online at [www.butterlaneantiques.com](http://www.butterlaneantiques.com) join their following on Instagram @ [butterlaneantiques](#) or call 0161 374 0742.

**13. KRISTA TRANQUILLA** creates every day, inspired pieces. Her work is influenced by the idea of getting outside. Pictured here is the Sagittarius Zodiac Constellation pendant in Rose Gold Fill, \$68 USD. Shop online at [www.etsy.com/shop/TranquillaStudio](http://www.etsy.com/shop/TranquillaStudio) or visit [www.kristatravilla.com](http://www.kristatravilla.com)

**14. JOELY RAE** is a California based designer creating pieces that exude natural elegance. Shown here is her Cassiopeia Necklace in rose gold and sparkling diamonds. Visit [www.joelyrae.com](http://www.joelyrae.com) to explore more of her designs.

**15. CELEBRITY ROCKS** offer a stunning range of celebrity inspired jewellery at high street prices. Featured here is their Celebrity Twosome ring (£39.99), available in Platinum or 18ct Rose Gold Finish. Use code GLAM16 for 75% off until 30th April 2016 and shop their full collection at [www.celebrityrocksuk.com](http://www.celebrityrocksuk.com) and [www.facebook.com/celebrityrocks](http://www.facebook.com/celebrityrocks)

**16. BETHANJOY LONDON** was founded by up and coming British designer, Mollie Lloyd-Lyon. Inspired by the streets, style, colour and noise of her North London surroundings, she creates beautiful, affordable and chic jewellery. Visit [www.bethanjoylondon.com](http://www.bethanjoylondon.com)

**17. COMFY CLOGS** Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit [www.comfyclogs.net](http://www.comfyclogs.net) or call Cecilia on 07815 750340 or 020 8780 9767 to find out more.

**18. STEAMYLAB** is an Italian company, offering handmade sterling silver, raw stones and minimalist jewellery for the modern woman, who wants to feed her bohemian spirit. Custom orders are welcome! Find your element browsing the amazing collection available on [www.etsy.com/shop/SteamyLab](http://www.etsy.com/shop/SteamyLab) Use the coupon code "Glamour10" to get 10% off until the 30th April 2016.

**19. THOUGHT BLOSSOM**'s jewellery was born from the notion that words can inspire our ability to accomplish amazing things, blossoming into beautiful results in our lives. The team creates the most beautiful handmade items, intertwining art, design and their clients specifications! Pictured is the classic leather and gold bracelet featuring a hammered effect finish. To view the complete range of bracelets, necklaces and more, visit [thoughtblossoms.com](http://thoughtblossoms.com)

**20. The LoveU rings designed by MARO** add sophistication to any outfit. Pictured here with rings in yellow or black gold, these jewels can be personalised with the letters L.O.V.E.U. at the back of the dome, or with the initials of your loved ones. All of MARO pieces combine simplicity, tinkle and sparkle, and are all available in yellow, rose or black gold and in sterling silver. To know more about MARO's beautiful collections, visit [www.maroeu.com](http://www.maroeu.com) and follow @marojewellery on Instagram for behind the scene insights.

**21. GOLDONI MILANO** fuses high fashion with strong design to create an image of impeccable style. Get your arm candy at 20% off with the code "GLAMOURUK" on [www.goldonimilano.com](http://www.goldonimilano.com) (code expires 30th April 2016). Follow them on Instagram @goldonimilano for daily inspiration.



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2. **YOGA SAK**. The Yoga Sak has received acclaimed reviews to be the best designed yoga bag on the market. The Yoga Sak's unique feature is the backpack style bag. It is perfect to consolidate and simplify your daily workout supplies and your most important yoga tool... Your mat! Get it now in Europe at [www.yogasak.eu](http://www.yogasak.eu)

3. **FLEXI LEXI** create beautiful flexible, fitted, comfortable and chic sportswear to brighten your workouts this Spring. Shop their full range worldwide at [www.flexilexi-fitness.com](http://www.flexilexi-fitness.com) and follow on IG @flexilexi\_fitness Credit @robinmartinyoga

4. **SLENDERTOXTEA SUPERFOODS**. Slendertoxtea are an online health supplements company, aiming to bring you a specialist range of products to encourage you with a healthy balanced lifestyle. Kick off 2016 with their new range of powders and seeds!

Natural, organic and free from preservatives, great in smoothies, shakes and sprinkled on food, starting from just £5.99, get your re-sealable pouches today at [www.slendertoxtea.co.uk](http://www.slendertoxtea.co.uk) Get 10% discount using code GLAM10 until 10/04/16.

5. **JADE** is everything you want in a yoga mat – cool colours, incredible grip, great comfort and eco-friendly. Jade mats are made sustainably with natural rubber tapped from rubber trees, a renewable resource, and unlike other mats contains no PVC, EVA or other synthetic rubber. And, Jade plants a tree for every mat sold – with 1 Mio. trees planted so far. Check it out at [www.jadeyogashop.eu](http://www.jadeyogashop.eu)

6. **HOKOI** is a High performance Active wear brand offering women around the world styles that combine function, with flattering fits, bringing increased confidence to the wearer. They want to encourage women to keep moving in all aspects of their life and be the best version of themselves. Visit [@hokoiactivewear](http://www.hokoiactivewear.com) [www.hokoiactivewear.com](http://www.hokoiactivewear.com)



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# Down With The Kids...

**1.** The **QUINNY** Moodd Bold Block Special Edition is all about fresh combinations of dynamic geometric shapes in solid colours. Bold,bright, edgy. The Quinny Moodd is a stylish pushchair that offers comfort for baby and unfolds automatically at the push of a button. This 3 wheel pushchair is suitable from birth and easy to use with the Maxi-Cosi baby car seat to form a Quinny Moodd Travel system. You can find it at [www.quinny.com/gb-en](http://www.quinny.com/gb-en)



**2.** **LITTLE RAGS AND RICHES** by **LOL KIDS ARMONK**: This kids emporium is pretty much a one-stop, head-to-toe shopping for everything kid! Gorgeous, carefully curated and unique kids fashions and gifts from upscale European designers as well as up-and-coming artists from all around the world. Find them on Instagram – **LOLKIDS Armonk** and on Facebook – [www.facebook.com/LOLKidsArmonk](http://www.facebook.com/LOLKidsArmonk) and visit [www.LittleRagsandRiches.com](http://www.LittleRagsandRiches.com)



**3.** **MY LITTLEST 1** is brought to you by experienced seamstress Melissa, who is passionate about making soft, comfortable items for little ones. This unique range spans from blankets to Moccasins, allowing you to find the perfect handmade item for your littlest one! Visit [@my\\_littlest\\_1](http://www.mylittlest1.com) for the complete collection. For 20% discount use code GLAM20 valid until 07.04.16.



**4.** **YOUNG ONE APPAREL** is a brand created out of a love for minimalist design and capturing the spirit of youth. The results are timeless pieces that appeal to both kids and design loving adults. All garments are made and screen printed by hand in California. Visit [www.youngoneapparel.com](http://www.youngoneapparel.com) Instagram @youngoneapparel

**5.** **POCO BAMBINO** make beautiful, sustainable products that stand the test of time and the rough and tumble of family life. Blankets, Bibs, Wash Cloths and more all in a range of unique, bright and playful designs. Visit [www.pocobambino.com](http://www.pocobambino.com) to see their full range!



**6.** **SHILOH Z BOUTIQUE**. Where whimsy meets dreams and fashion galore. Offering handcrafted bohemian inspired clothing for your little explorers. Each unique piece is perfectly designed for their personality to burst through. Created with the highest quality materials for them to experience their tiny adventures to the fullest. Join the fun on Instagram @shilohzboutique and shop our free-spirited styles at [www.shilohzboutique.com](http://www.shilohzboutique.com) Exclusive 10% discount code: GLAM (valid until 31/03/16). Photo by Rosie Reitez.



**7.** **CHEEKY MONKEY TREE HOUSES** specialise in the design and build of bespoke tree houses to complement your garden perfectly. They can also undertake European and worldwide commissions. Visit

[www.cheekymonkeytreehouses.com](http://www.cheekymonkeytreehouses.com) or call 01403 732 452 for more information.

**8.** **NIHAMA**-Nice-Hand-Made-is a beautiful range designed by inspired mother Yana. The collection came to life when she found she had spare time on her hands during pregnancy, and so began experimenting with handmade toys. Visit

[www.nihama.toys](http://www.nihama.toys) to shop lovingly handmade teething toys and nursing necklaces and bracelets, all available in different colour options.

**9.** **WHISBEAR** – The Humming Bear is an innovative sleep aid and baby soother with intelligent shushing device responding to baby's cry. It support healthy sleep but also encourages sensory and fine motoric development. Add simple yet stylish design and you receive a full package with this must-have toy that won hearts of thousands of parents all over the world. Visit [www.whisbear.co.uk](http://www.whisbear.co.uk) and [www.facebook.com/whisbearUK](http://www.facebook.com/whisbearUK) for 15% discount enter GlamBear16 valid until 30th April 2016.

## Down With The Kids... Continued



10.



11.



12.



13.



14.

**13. THE CURLYKIDS HAIRCARE LINE** has been carefully formulated for children of all ages with the finest to the coiliest of hair textures. The products are sulphate and paraben-free, and contain the most effective ingredients to address the specific hair care needs of curly-haired children. Visit [www.curlykidshaircare.com](http://www.curlykidshaircare.com)

**14. THE SWEET POTATOE** is a hip and modern kids brand inspired by vibrant cities & bold prints. With its emphasis on fabric quality, each piece is comfortable enough for play and for the budding little traveller. Creating everyday "mini wardrobe staples" for your curious little explorers. Shop the styles at: [www.thesweetpotatoe.com](http://www.thesweetpotatoe.com) Follow @thesweetpotatoe on Instagram to stay up to date. Use code: GlamourSP for 20% off your online order expiry date 31/03/16.



**PALMIRA DE MENORCA** have a fabulous range of ethically sourced, lovingly handcrafted handbags and Avarca sandals, authentically made on the Balearic Islands. Choose from a wide range of textured fabrics and gorgeous leathers. Whether you are travelling across the globe, from city to city or simply navigating London's underground maze, Palmaire Sandals are a multi destination essential to see you through from dawn till dusk, beach to bar. Check out

[www.palmairasandals.com](http://www.palmairasandals.com) to see the full range or call +44 (0) 7873247133.



**BAREL ETHICAL LUXURY** .design Vegan-friendly trends. Mixing Beauty and sustainability, Barel creates handbags and accessories using high-end, ethical materials. Featured is the Cartella Bag mini in no-leather saffiano red and satin orange. To shop their full collection, visit [www.barelethicalluxury.com](http://www.barelethicalluxury.com)



Alice cat eye sunglasses are perfect for Spring! Fun, stylish and only \$40 at [freyrs.com](http://freyrs.com) Brought to you by **FREYRS EYEWEAR**, new and one of the hottest eyewear brands of the season.



**HANDLE DROP**'s handbags clear away conventional standards of luxury, expressing their own personality. Exclusive designs, denim lining and triangular hardware are their main attributes. Aimed at women who appreciate quality and design, who value details and identify with original and genuine designs. Visit [www.handledrop.com](http://www.handledrop.com) Follow @handledrop



**BLUE VELVET**, the home of contemporary and Luxury footwear direct from the heart of Europe. Always one step ahead, they have established themselves on their quality and first-rate service. Visit them at: 174 Kings Road, SW3 4UP, call 020 7376 7442 or visit them online at [www.bluevelvetshoes.com](http://www.bluevelvetshoes.com)



**COMFY CLOGS** are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on 07815 750340 or 020 8780 9767 for a brochure. Visit them at [www.comfyclogs.net](http://www.comfyclogs.net)



**LOVESADORES** is an exclusive online boutique bringing you unique designer fashion from all around the world, that cannot be found in the UK. Shop their incredible high fashion boutique designers at affordable prices and see for yourself why so many celebrities LOVE

and ADORE IT. Visit [www.lovesadores.com](http://www.lovesadores.com)

**JANIKO** is a German-based shoe label founded by the two sisters Janeta and Nikoleta Surila. The brand's identity is built around three key areas: elegance, femininity and sophistication. Each shoe is something

special, focusing on detailing, such as hand painted leather, Swarovski crystals and high-quality materials. The combination of an appealing design and high quality craftsmanship are the key components of this outstanding brand. Visit [www.janiko.de](http://www.janiko.de)



**JAM LOVE LONDON** present their SS16 Sunshine Chambray Collection, handmade in England using Italian bespoke cotton, water-repellent denim chambray. All leather and brass details are finished naturally. Visit [www.jamlove.co.uk](http://www.jamlove.co.uk) for their full range, and visit their week-long Hackney Pop-Up from 21-27th March at The Hackney Shop, London, E9 6ND – pop by and say Hi!

**AGUA MARINA** created by 20-year-old fashion student Martina Ceccerini Nelli, is a swimwear line based in Milan, Italy. Known for its flattering and minimal shapes, the retro, high-fashion inspired swimwear makes the wearer feel comfortable and unique. Available at:

[www.aguamarinaswim.com](http://www.aguamarinaswim.com)  
IG: @aguamarinaswim FB: [aguamarinaswim](https://www.facebook.com/aguamarinaswim)



**ALEXX JAE & MILK** is a fashion line that holds itself to the high standard of making beautiful clothes with a minimum impact on the environment. Materials and fabrics are sourced locally, using recycled and dead stock when available and all production is done at their factory in Downtown Los Angeles. [www.alexjaeandmilk.com](http://www.alexjaeandmilk.com)



With over 100 years of expertise, **SMITH AND CANOVA** are leaders in the handbag industry. Each style is carefully crafted with the best leathers and designs inspired from all over the globe. Visit [www.smithandcanova.co.uk](http://www.smithandcanova.co.uk) to find your stunning leather masterpiece.



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**ANNELIESEOFLONDON.COM** present a new collection of fun and on-trend silk shirts. A must-have addition to your wardrobe. We've totally fallen for them! For your key piece, shop the full collection at [www.annelieeoflondon.com](http://www.annelieeoflondon.com) using code 'GLAMOUR16' for 10% off until 30/04/16.  
IG @annelieeoflondon



**VINTAGE FAIRY** are a young, dynamic company bringing vintage clothing to the chic, stylish woman, at a reasonable price. Shop their full collection of quality clothing at [www.vintagefairy.co.uk](http://www.vintagefairy.co.uk) or email [info@vintagefairy.co.uk](mailto:info@vintagefairy.co.uk) for more information.



**RAT & BOA** was born out of a desire to create pieces that are missing from your wardrobe; attire that is wearable, eclectic, sexy and fun. For the bold, the spirited and the experimental; it provides statement items to express yourself, from the inside out. Shop the full look at [www.ratandboa.com](http://www.ratandboa.com)

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# The Inside Job...



York, unique glass wear from Paris, bespoke Scottish textiles, contemporary jewellery, clothing, shoes and handbags—it's definitely worth a look at [www.padlifestyle.com](http://www.padlifestyle.com)

**7. CHI CANDLE** create beautiful hand-poured soy candles using natural and botanical ingredients. Featuring a unique jar design, they offer some of the most frequently sought scents as well as some more exotic fragrances too, making them appropriate for any room. To view the collection visit [www.chicandle.com](http://www.chicandle.com)



**1. COLTON CANDLES** produce luxury soy candles, reed diffusers and wax melts that are decorated with lace and silk. With an added touch of sparkle, they make the perfect gift or home accessory. Try their new range of unique scents and receive 15% off by using code 'GLAMOUR' until 30/04/16. Visit [www.coltoncandles.com](http://www.coltoncandles.com)

**2. PULLMAN EDITIONS** designs striking original limited-edition posters that capture the enduring appeal of Art Deco. Their newly-commissioned posters feature glamorous winter sports and summer resorts around the world, as well as the world's greatest historic automobiles. There are over 100 designs available to view and buy online at [www.pullmaneditions.com](http://www.pullmaneditions.com)

Priced at £395 each.

**3. ROOT CANDLES** offers the market the highest quality candles using all natural products. Their all natural beeswax blend, fragranced with essential oils and coloured using vegetable dyes ensures a cleaner longer burning candle. All natural beautifully burning candles from Root. One family, 147 years and five generations of dedication.

Visit [www.rootcandles.co.uk](http://www.rootcandles.co.uk)

**4. TRENDZ**'s travel range includes everything that you could need for your adventures! The passport cover, luggage tag, powerbank, and travel wallet all match with a gorgeous geometric print. Inside the travel wallet you can store coins, pen, boarding pass, passport, and the powerbank can keep you charged on the move! Available online and in store [www.on trendz.co.uk](http://www.on trendz.co.uk) Prices start from £6.99.

**5. MILLBROOK BEDS**. It's your best kept secret in the bedroom. Traditionally handmade in the UK for almost 70 years, Millbrook Beds are made to order using only the finest, locally-sourced, natural materials to offer the ultimate in sleep luxury.

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Email [enquiry@millbrookbeds.co.uk](mailto:enquiry@millbrookbeds.co.uk) or call 0845 373 1111.

**6. PAD LIFESTYLE**. An online lifestyle store offering bespoke, hand-crafted furniture from Indonesia, and many unique and inspiring home and fashion brands from across the world. With so many chic, curious and eclectic pieces to

find—including urban home wears from Copenhagen, Mid-century glamour from New

York, unique glass wear from Paris, bespoke Scottish textiles, contemporary jewellery, clothing, shoes and handbags—it's definitely worth a look at [www.padlifestyle.com](http://www.padlifestyle.com)

## Glamour's Beauty Haul...

**1. Minty Coco** 1. Oil pulling is an ancient technique that started in India as oil gargling thousands of years ago. Containing natural ingredients, **MINTYCOCO**'s virgin coconut oil is infused with minty peppermint essence, an incredibly easy and effective way to keep your mouth fresh. Visit [www.mintycoco.com](http://www.mintycoco.com) and quote GLAMSHIP for free shipping on 14 Day Boxes of Mintycoco! Expires August 2016.

**2. Hello Hair** Hydrating Mask is packed full of natural ingredients. The Botanic Edition will delight your senses with its sweet and calming scent, create a luxury fragrance that will relax and balance you—perfect for your at-home spa experience. Enriched with pure botanicals of lavender and rosemary, say goodbye to crazy chemical compounds, and say hello to hair that is softer and easier to manage! Visit [www.hellohair.com.au](http://www.hellohair.com.au) to view the range, sachets starting from £9.

**3. La Curcio** is a luxury cutting edge skincare and beauty collection with leading edge results. 40 years in the making, these potent ultra-luxury products are unlike anything you have tried and are like 'jewels' for your skin. Rich in natural plant and state-of-the-art, high performance targeted and multi-functional ingredients infused with love to enhance your unique and timeless beauty. Their powerful Luminous Macro Repair Eye Cream provides ultra-skin hydration, firms, and ultra-smoothes. The perfect eye cream day and night. Visit [www.lacurcio.com](http://www.lacurcio.com)

**4. Billy In The Tree**. Discover the pure plant power of argan oil. Natural organically certified argan oil sourced from the foothills of the Atlas Mountains. An extraordinary oil rich in vitamin E, antioxidants and polyphenols make it perfect for the face, body and hair. Sheer simplicity, incredible results. Pure or with added precious essential oils. £9.95-£14.95 for 100ml. Visit [www.billyinthetree.com](http://www.billyinthetree.com) or [www.amazon.co.uk](http://www.amazon.co.uk)

**5. WHITE GLO.** Want to whiten your teeth without any hassle? Simply switch your ordinary toothpaste with White Glo. White Glo toothpastes use special micro polishing particles which work to lighten discolourations and yellowing on tooth enamel to whiten teeth. White Glo Professional Choice is an Australian Dental Association approved product for its safety and efficacy. Look out for White Glo Professional Choice in a fresh vertical packaging design with brand new bonus X-Action toothbrush! Available from Boots, ASDA, Amazon, Superdrug, and pharmacies. RRP £3.99. Visit [www.whiteglo.com](http://www.whiteglo.com) or call 00 44 20 8274 1238.

**6. BEA SKINCARE.** Our armour is our security blanket. Even grown-ups need it and sunscreen would be IT. Pictured: 1) Mineral Liquid Powder Foundation with Broad Spectrum SPF 15, magnesium, potassium, sodium, zinc and antioxidants Vitamin A, C & E. 2) BB Cream with SPF 30, Magnesium, Potassium, Sodium, Zinc, Lysine, Goji Berry Extract and Vitamin E. 3) Brightening CC Cream with SPF 20, hypoallergenic and oil-free. The Bea Skincare range has been formulated with high sunscreens – don't look for obscure formulas or mystery in these products! Because they are just really exceptional in that way. Use "Glamour-Bea" at checkout to get 5% off products until May 2016. Visit [www.beaskincare.com](http://www.beaskincare.com)

7. Redefining beauty with truth and transparency,

**SUPERNATURAL BEAUTY** brings luxury beauty products with a modern edge. This 100% organic Redemption Face Oil is all you need to help the appearance of your complexion morning and evening. Bursting with goodness to reduce the appearance of wrinkles, the oil helps to create smoother looking skin and youthful luminosity, in a lightweight silky formula. Visit [www.supernaturalbeauty.co](http://www.supernaturalbeauty.co) for more information.

**8. BEAUTYCOLL** is a high strength mixed berry flavour collagen powder drink containing 12,000mg of marine collagen and 50mg of hyaluronic acid. Beautycoll also contains Vitamin C which contributes to normal collagen formation for the normal function of the skin. Vitamin A, B2, B3, Zinc and Biotin contribute to the maintenance of normal skin. The drink is supplied in sachets to mix up for each daily dose, available in 28, 56 and 84 day courses. Beautycoll are offering Glamour readers free delivery and 20% off their first 28 day supply with code 'GLAMOUR20' until 1st May 2016. Visit [www.beautycoll.co](http://www.beautycoll.co) for more information and to kick-start your New Year!



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MAGNESIUM, POTASSIUM, SODIUM, ZINC, LYSINE

GOJI BERRY EXTRACT AND VITAMIN E

BRIGHTENING CC CREAM WITH SPF 20

HYPOALLERGENIC AND OIL-FREE

100g

bea

BB CREAM

SPF 30

100g (3.5oz)

bea

REDEMPTION FACE OIL

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bea

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mixed collagen drink with hyaluronic acid

30 sachets

beautycoll

mixed berry flavour

collagen powder drink

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50mg of hyaluronic acid

vitamin c

vitamin a, b2, b3, zinc and biotin

mixed berry flavour

28 nutri-dermal capsules

30 tablets

beautycoll

mixed berry flavour

30 sachets

beautycoll

mixed berry flavour

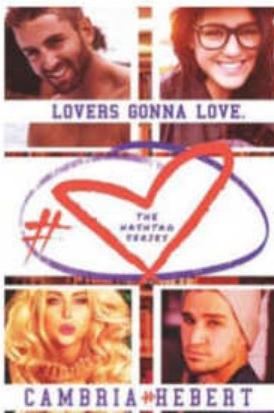
# Glamour's Library



## CONTRACTED LOVE by JESSICA WOOD

A provocative and sexy page-turner about a case of mistaken identity and a twist of fate that brought Audrey and Evan together in a night of passion. But what happened next was something neither one of them could have predicted. Evan made Audrey an offer she couldn't refuse: Marry him for six months in exchange for one million dollars. But when it was time for the annulment, were they ready to let go or had they found love beyond the contract?

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<http://jessicawoodauthor.com>



## LOVERS GONNA LOVE by CAMBRIA HEBERT

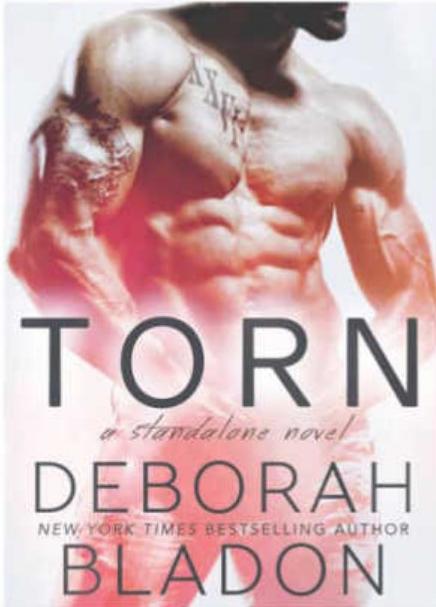
Family isn't always defined by blood. Sometimes family is born of love, loyalty and choice. The bonds of our family are tested when the threat of a night that ended in death comes back to haunt us. But family doesn't quit each other. Love like ours never dies. Read more about the series at

[www.cambriahhebert.com](http://www.cambriahhebert.com)

## FORGIVE US OUR TRESPASSES by M.L. STEINBRUNN

Brooks knows that he will do whatever it takes to protect Vivian, even if it means leaving her. Running from his past, he tries to forget the shattered heart he left behind, while Vivian has to confront the harsh reality that some fortresses are not meant to stand. As the paths of these two battered hearts cross again the secrets of their pasts come knocking. Forgiveness and love will be tested, and they will be forced to answer the question: "When the lies run out, will the truth finally set you free?"

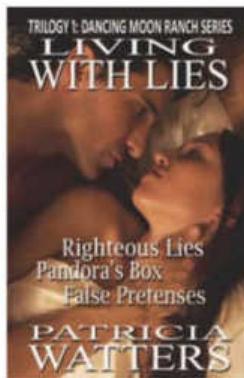
[www.amazon.com/M.-L.-Steinbrunn/e/B00JFB3FOS](http://www.amazon.com/M.-L.-Steinbrunn/e/B00JFB3FOS)



## TORN by DEBORAH BLADON

Asher Foster is a talented and successful musician with a tortured past. He believes music is his savior until his entire world is shattered in an instant. Falon Shaw sees something in Asher that no one else can. As she helps him heal, she begins to realize that he may actually be the one saving her. Coming this spring.

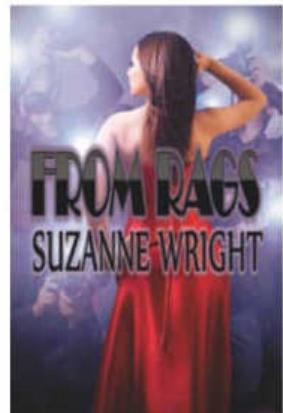
[www.deborahbladon.com](http://www.deborahbladon.com)



## LIVING WITH LIES by PATRICIA WATTERS

At a fertility clinic. Two women wrongly impregnated. A cowboy who'll fight for the right to his unborn son. Divorce, deceit, and unexpected passion ensue in this riveting first trilogy in Patricia Watters' popular Dancing Moon Ranch Series, a sweeping family saga that carries over into the next generation when the web of lies begins to unravel. Emotionally charged stories about life, family, overcoming adversity and the power of unconditional love, by a bestselling author.

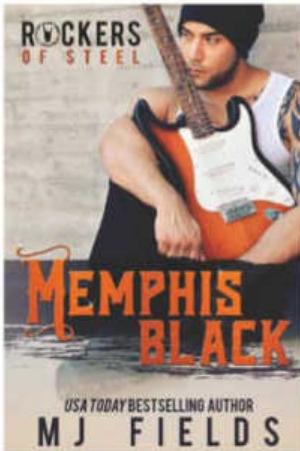
[www.patriciawatters.com](http://www.patriciawatters.com)



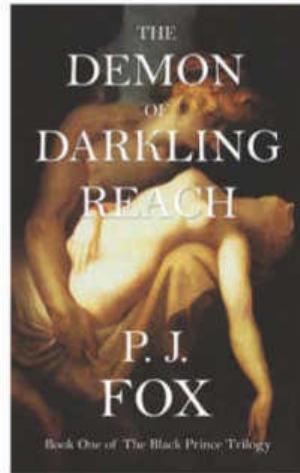
## FROM RAGS by SUZANNE WRIGHT

When barmaid Jaxxon lands a modeling job, she becomes the focus of celebrities everywhere, including the lethally sensual Connor—someone she knows from her days in foster care. There was only thing Connor ever resisted: Jaxxon. Now he's resolute that nothing will ever again keep him from what he wants most. Visit

[www.suzannewright.co.uk](http://www.suzannewright.co.uk)

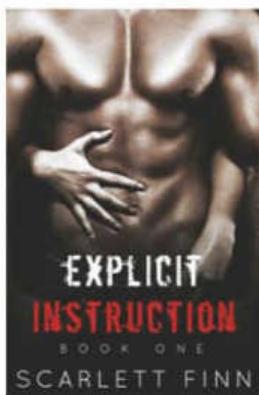
**MEMPHIS BLACK** by **M.J. FIELDS**

Memphis Black's dreams have come true. Together with his band mates he takes some time for fun in the sun in Miami. Some down time before hitting the road to tour the country. Tallia Priest, a preacher's daughter grew up next door to Madison Black, her polar opposite and very best friend. Tallia has harboured a crush on Madison's brother Memphis for a lifetime. A boy like him would never notice a girl like her, yet he did... once. Madison invites Tallia to join her in Miami for a much needed break. Madison fails to mention they will be staying with 'Steel Total Destruction.' There is no way for a stunned Memphis to miss the transformation of the once awkward, innocent girl next door. Will the heat in Miami tempt them even further? Will buried secrets destroy lives? Can a broken heart ever be mended? It's all fun and games until someone gets rocked. Visit [www.mjfieldsbooks.com](http://www.mjfieldsbooks.com)

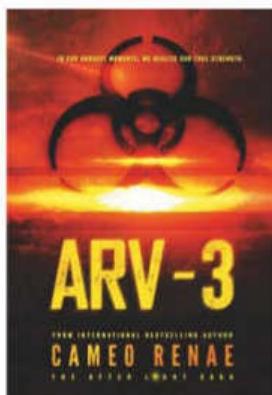
**THE DEMON OF DARKLING REACH** by **P.J. FOX**

Peregrine Cavendish, has made a devil's bargain: he's going to sell Rowena, Isla's sister, to a known murderer in exchange for forgiveness of his debts. Tristan Mountbatten, the infamous Duke of Darkling Reach, has a habit of marrying such women and then disposing of them...horribly. For this and other reasons, there are rumors. That he practices the dark arts; that he's a necromancer; that he is, in fact a demon. Isla knows, even from that first introduction, that Tristan Mountbatten isn't human. No one else seems to have noticed the obvious, but Isla has...and is terrified. For herself, but more so for the sister she loves. The sister who's been more of a daughter, the sister for whom she'd sacrifice anything. So Isla makes a devil's bargain of her own.

<https://pjfoxwrites.wordpress.com>

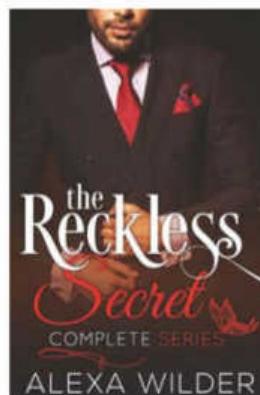
**EXPLICIT INSTRUCTION** BOOK 1 by **SCARLETT FINN**

Flick inadvertently walks into danger and finds herself living in a nightmare. An unexpected reprieve comes in the form of a stranger, a looming silhouette more terrifying than the evil that captured her. With freedom a distant memory, Flick is reluctantly drawn into the criminal plot. As she descends further, her entanglement becomes deeper. The adventure started by accident threatens them; Flick knows it's both her life and her heart she is battling for. Visit [www.scarletpinn.com](http://www.scarletpinn.com)

**ARV-3** by **CAMEO RENAE**

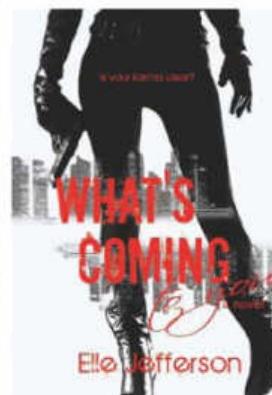
Thirteen years after the government fails to avert a global disaster, Abigail Park and her family emerge from their underground bunker to discover the world isn't as safe as they'd hoped. A serum, developed and distributed to the masses, created horrific mutations. This new, infectious threat had completely outnumbered them. Now, they not only had to rebuild their planet. They had to fight for it. Published by: CHBB Publishing.

[www.cameorenae.com](http://www.cameorenae.com)

**THE RECKLESS SECRET** by **ALEXA WILDER**

With Declan's player past, will Maggie ever trust him? Maggie's crush Declan has never been into curly girls like her. But now Declan knows he wants no one else, and he can't stop thinking about Maggie. When he discovers she's in trouble at work, Declan jumps to help. Solving Maggie's crisis threatens to uncover dangerous secrets. They have plenty of chemistry, but can their budding relationship survive the obstacles?

[www.alexawilder.com](http://www.alexawilder.com)

**WHAT'S COMING TO YOU** by **ELLE JEFFERSON**

Karma's a bitch. Karmen O'Connor knows this because it's who she is – what she does. She was happy doling out payback until he came along. Now, she's questioning everything, including if she belongs. Two Karma officers are dead and she knows there's more to the case than what the reports say. But can she prove it before another karma officer loses their life? Available through Amazon, iBooks, Kobo and Barnes & Noble.



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# Do the split

Get a split right and it's sexy, cool and chic. To rock it during the day, balance the flash of flesh with a more modest top, like Solange, or keep it casual with an old band tee, à la blogger Chiara Ferragni.



## DON'T

Double up your split (that's just an apron)



From top Melissa and Angelina Jolie; with Ellen DeGeneres; Björk

### Ellen DeGeneres

**Comedian and TV host**

When she chose to come out on her sitcom, it damaged her career to the point that she didn't think she would get it back. But she did, and she paved the way for women to be able to say, 'This is who I am, and I don't have to act any other way.'

**Jane Goodall**  
**Anthropologist and author**  
I saw Jane Goodall speak when I was in college at Southern Illinois University. Hearing her talk about her work in the jungle had an incredible impact on me at 18.

**Julie Bean**  
**Co-executive producer, *Mike & Molly***

There usually aren't many women writing on a sitcom. Julie has

## "THE WOMEN WHO MADE ME"

# By Melissa McCarthy

Each month, we ask one amazing woman: who's changed your life? Here the *Spy* and *Bridesmaids* star discusses her dream team

maintained herself in a boys' club so well, and I'm always glad that she's got my back.

**Angelina Jolie**  
**Actress and activist**

Here's someone who could lead a very pampered life, yet has chosen to focus on children and people who don't have a voice. She doesn't have to do it; she just chooses to live the right way.

**Björk**  
**Musician**

When I was younger, I was called Sugarcube – like Björk's former band – because I looked and dressed like her. I love the visual aesthetic that she puts into her music. Start with her videos; you're gonna lose several hours of your life.

**Diana Nyad**  
**Long-distance swimmer**

What a wonderful maniac, right? At 64 she swims from Cuba to Florida? I always think about how many naysayers she had to listen to. In an age when there's so much tearing down of women, someone who decides not to take that in is incredibly badass.

**Louise Bourgeois**  
**Artist**

I had a big poster in my college dorm room of Louise in a dark

fur coat, holding an enormous phallic object. She didn't gain fame as an artist until late in her life, but she kept living and making art how she wanted.

**Nicole Holofcener**  
**Film director**

She chose a path that allowed her to make the exact type of film she wants. I love *Enough Said*. There wasn't a false second in that movie: not a look, not a shot. Someday I hope I can coerce that woman into letting me work with her.

**Hillary Rodham Clinton**  
**Politician**

It's so important for young women and girls in this country to see female politicians. And I'm so excited [that she has] run. My God, yes.

**Sandy McCarthy**  
**My mother**

When I told her all the crazy things I wanted to do, Sandy looked at me and said, "Why wouldn't you?" I've asked her, "Why in the world didn't you tell me to, like, try something else?" She goes, "You wanted to do it, so I just told you to do it." I got hit with the lucky stick, because that's the person who encouraged me.



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